

BIO 220 - NUTRITION IN HUMAN HEALTH

- Interpret articles from relevant science journals.
- Create a plan for how to learn more about nutrition for the next 1-3 years.

Course Description

This course is an exploration of the fundamentals of nutrition: energy nutrients, vitamins and minerals. Function and sources of each is presented, as well as the role each plays in maintaining health. Students complete their own Food Intake Record and use this information throughout the semester so as to better understand human nutrition. In addition, study is made of the role nutrition along with other lifestyles plays in the prevention and protection from disease. Discussion also includes the relationship between nutrition and fitness. Group 2 course.

Credit Hours

3

Contact Hours

3

Lecture Hours

3

Recommended Prerequisites or Skills Competencies

ENG 111, MTH 111, and completion of any 100-level BIO course.

General Education Outcomes supported by this course

Critical Thinking - Direct

Course Learning Outcomes

Knowledge:

- Describe the 4 core concepts the course addresses: Evolution, Structure and Function, Pathways and Transformations of Energy Matter, Living Systems.

Application:

- Use the scientific problem solving process to make decisions.
- Use nutritional information to guide health decisions to maintain and regain health.

Integration:

- Connect the ideas of normal function in the human body and their dependence on nutrition.
- Describe the importance of nutrition in real-life applications.

Human Dimension:

- Discuss complex nutritional needs/requirements with lay people.
- Work effectively as a team member.

Caring - Civic Learning:

- Offer nutritional information to others.
- Develop a curiosity about nutrition discovering answers to their own questions.

Learning How to Learn: