

# BIO 240 - NORMAL AND CLINICAL NUTRITION

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## Course Description

Nutrition is considered from a strong biological point of view. Discussions will include a brief overview of principles of normal nutrition and then will proceed to how these principles apply to cause and treatment of specific disease states and the nutrition care process required. Group 2 course.

## Credit Hours

3

## Contact Hours

3

## Lecture Hours

3

## Required Prerequisites

MTH 111 or MTH 120

## Recommended Prerequisites or Skills Competencies

BIO 227, ENG 111

## General Education Outcomes supported by this course

Critical Thinking - Direct

## Course Learning Outcomes

### Knowledge:

- List parameters for normal nutrition in healthy individuals.
- Describe the process of nutrient procurement through food choices, digestion, absorption, and utilization.
- Describe how proper nutrition, or lack of, supports health or impacts disease development.

### Application:

- Apply nutrition information to everyday situations as related to health and well-being in normal, healthy individuals.
- Apply the principles of digestion, absorption, transport, metabolism and elimination of macro and micronutrients.
- Calculate ideal body weight, body mass index, kilocalorie, nutrient and fluid needs for both healthy and compromised individuals.
- Analyze a food intake record for nutrient content and state recommendations for improvement.
- Present an informative nutrition presentation.
- Interpret patient history, intake data, lab values, etc. to diagnose and treat medical disorders using Medical Nutrition Therapy standards of care.

### Integration:

- Apply clinical nutrition standards of care (Medical Nutrition Therapy) to medically challenged individuals to treat disease states, related symptoms and side effects to achieve desired outcomes.
- Apply critical thinking skills to generate proper calculations and thorough care plans for a variety of patient case studies.

- Describe potential impact of illness, medications, supplements, and complementary therapies on nutrient needs and overall health.

### Human Dimension:

- Discuss complex nutritional needs and recommended therapy with patients by way of case studies and oral presentation.
- Demonstrate understanding of teamwork by describing the roles of other ancillary team members.
- Demonstrate teamwork by working as a partner for case studies.
- Demonstrate communication skills by way of an oral presentation.

### Caring - Civic Learning:

- Value normal and clinical nutrition, seeking to always improve their knowledge, and realize how they can assist others.
- Describe client/patient situations that require the expertise of a nutrition professional/RD/RDN and how to achieve that consult for a full Medical Nutrition therapy assessment.

### Learning How to Learn:

- Interpret articles from scientific journals, texts and web sites to be used when researching their oral presentation topic.
- Describe the elements of false, misleading or bogus health information / research / credentials.