

BIOL159C : Personal Nutrition

An introductory course, including laboratory, for the individual interested in nutrition as a tool for personal health promotion and disease prevention. Incorporates basic principles of nutrition with discussions of contemporary issues. Laboratory exercises allow for exploration of lecture topics and will include the scientific method, diet analysis and nutritional and lifestyle risk analysis. (Course is intended for non-science majors).

Credits 4

Lab/Practicum/Clinical Hours 2

Lecture Hours 3

Recommended Prerequisites

high school Biology recommended

Learning Outcomes

Upon completion of this course, students will:

1. Apply the scientific method.
2. Employ basic concepts of diet planning and evaluate personal dietary habits.
3. Describe the classification of, digestion of, normal metabolism of, and recommended intakes and appropriate food sources of each of the following major nutrient classes: carbohydrates, lipids, proteins, vitamins, minerals, and water.
4. Evaluate weight management techniques, including the role of diet and exercise for the loss, gain and maintenance of body mass.
5. Explain the development of, risk factors for, and prevention and treatment of diabetes, cardiovascular disease, and cancer.
6. Analyze safe food handling practices.