

BIOL279C : Life Cycle Nutrition

Focuses on nutritional needs of the growing, developing human from conception to old age, with particular emphasis on the nutritional needs of infants, children, adolescents, adults, women, and aging adults.

Credits 3

Lab/Practicum/Clinical Hours 0

Lecture Hours 3

Prerequisites

Students are required to pass prerequisite courses with a grade of C or higher. Exceptions apply; please consult your department chair.

- Students must take either BIOL159C or BIOL259C.

BIOL159C

BIOL259C

Learning Outcomes

Upon completion of this course, students will:

1. Employ basic concepts of diet planning and evaluate personal dietary habits.
2. Evaluate nutrient needs for the healthy, nonpregnant woman, and potential nutritional barriers to becoming pregnant.
3. Describe nutritional needs and dietary planning for the pregnant woman; the lactating woman; infants, toddler, and preschoolers; school-aged children and adolescents.
4. Explain dietary considerations, impact on chronic diseases, and body weight issues in the adult and elderly populations.