

# BIOL259C : Normal and Therapeutic Nutrition

An introductory course in normal and therapeutic nutrition designed for students in Allied Health or Health Sciences programs. Focuses on the application of basic principles of nutrition to health promotion and disease prevention, as well as the role of nutritional intervention as a therapeutic tool in specific pathologies. Includes discussion of contemporary issues in nutrition.

**Credits** 4

**Lab/Practicum/Clinical Hours** 0

**Lecture Hours** 4

**Recommended Prerequisites**

It is recommended that students NOT take BIOL 159C prior to taking this course.

**Prerequisites**

*Students must pass all prerequisite courses with a grade of C or higher.*

BIOL195C

**Learning Outcomes**

Upon completion of this course, students will:

1. Employ basic concepts of diet planning and evaluate personal dietary habits.
2. 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.
3. Explain the development of, risk factors for, and prevention and treatment of diabetes, cardiovascular disease, and cancer.
4. Evaluate weight management techniques, including the role of diet and exercise for the loss, gain and maintenance of body mass.
5. Assess dietary recommendations for individuals with diseases of the upper and lower GI tract, kidney, and liver.