

COCONINO COMMUNITY COLLEGE  
COURSE OUTLINE

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Status: Permanent  
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December 4, 1991  
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A. Identification:

1. Subject Area: Nutrition (NTR)
2. Course Number: 135
3. Course Title: Human Nutrition
4. Credit Hours: 3
5. Course Description: Principles of nutrition in throughout the life cycle, and the essentials for the nutritional care of clients suffering from various diseases. Three lecture.

B. Course Goals: To provide students with principles of human nutrition that can be utilized in the safe and effective care of clients.

C. Course Outcomes: Students will:

1. utilize a nutritional intake assessment inventory;
2. identify the importance of sound nutritional habits and the role-modeling thereof;
3. analyze the interrelationships between nutrients and human nutrition;
4. apply nutritional concepts to various periods of the life cycle;
5. identify special health problems that are influenced positively and negatively by an individual's food intake;
6. identify specific diseases and the special diets that contribute to their management;
7. and evaluate a client's current nutritional information for therapeutic usefulness.

D. Course Outcomes Assessment will include:

1. class participation;
2. quizzes and exams;
3. and written assignments.

E. Course Content will include:

1. orientation: the study of nutrition;
2. carbohydrates;
3. lipids;
4. proteins;
5. energy balance;
6. fat-soluble vitamins;
7. water-soluble vitamins;
8. minerals;
9. water and electrolytes;
10. digestion, absorption and metabolism;
11. good habits: personal beliefs and social influences;
12. family nutrition, counseling, and education;
13. nutritional deficiency diseases;
14. nutrition during pregnancy and lactation;
15. nutrition for growth and development;
16. nutrition for aging;
17. nutrition and physical fitness;
18. nutrition and weight management;
19. nutritional assessment and therapy;
20. drug-nutrient interaction;
21. nutritional therapy in diseases of infancy;

22. diabetes mellitus;
23. gastrointestinal Diseases;
24. diseases of the Liver and Gall Bladder;
25. coronary heart disease and hypertension;
26. renal disease;
27. nutrition and surgery;
28. nutrition and cancer;
29. nutrition in rehabilitation;
30. nutrition and mental health;
31. And computers in management of nutrition practice