Term Information

Effective Term Summer 2012

Course Change Information

What change is being proposed? (If more than one, what changes are being proposed?)
Add Lima campus to offering

What is the rationale for the proposed change(s)?
Lima campus requested to offer this course. It was offered on Lima campus in quarters. Department reviewed semester syllabus from Lima and approved.

What are the programmatic implications of the proposed change(s)?
(e.g. program requirements to be added or removed, changes to be made in available resources, effect on other programs that use the course)?
None

Is approval of the request contingent upon the approval of other course or curricular program request? No

Is this a request to withdraw the course? No

General Information

Course Bulletin Listing/Subject Area Human Nutrition
Fiscal Unit/Academic Org Dept of Human Nutrition - D1254
College/Academic Group Education & Human Ecology
Level/Career Undergraduate
Course Number/Catalog 2210
Course Title Science of Human Nutrition
Transcript Abbreviation Sci Hum Nutrition
Course Description Basic principles of biological science, emphasizing the interaction between nutrients and physiological (including cellular) processes.
Semester Credit Hours/Units Fixed: 3

Offering Information

Length Of Course 14 Week
Flexibly Scheduled Course Never
Does any section of this course have a distance education component? Yes
Is any section of the course offered 100% at a distance
Grading Basis Letter Grade
Repeatable No
Course Components Lecture
Grade Roster Component Lecture
Credit Available by Exam No
Admission Condition Course No
Off Campus Never
Campus of Offering Columbus, Lima

Previous Value Columbus
Prerequisites and Exclusions

Prerequisites/Corequisites
Exclusions
Not open to students with credit for 210.

Cross-Listings

Cross-Listings
None

Subject/CIP Code

Subject/CIP Code
19.0504
Subsidy Level
Baccalaureate Course
Intended Rank
Sophomore

Quarters to Semesters

Quarters to Semesters
Semester equivalent of a quarter course (e.g., a 5 credit hour course under quarters which becomes a 3 credit hour course under semesters)
List the number and title of current course being converted
HumNntr 210: Science of Human Nutrition.

Requirement/Elective Designation

General Education course:
Biological Science

Course Details

Course goals or learning objectives/outcomes
• Understand basic biological aspects of nutrient requirements of humans
• Appreciate the complex interactions and synergism of nutrients upon physiological and cellular processes
• Evaluate reputable versus non-reputable sources of nutrition information
• Determine how nutritional information is derived from the scientific method of investigation
• Understand the linkages between nutrients and disease processes, body size, mental ability and performance
• Understand the diverse cultural patterns that influence both food preferences and nutrient status
• Evaluate controversial topics related to food and nutrition
Content Topic List

- What you eat and why
- Nutrition and health/nutrients
- Using scientific research to determine nutrient needs
- Guidelines for designing a healthy diet
- Methods of nutritional assessment
- Dietary guidelines
- MyPyramid
- DRIs
- Food labels
- Healthy web sites
- The human body: A nutrition perspective
- Human physiology: Digestive system
- Nutrients: Carbohydrates simple, complex carbohydrates/liber digestion, absorption, energy use lactose intolerance, diabetes
- Nutrients: Lipids (fat) digestion, absorption, function, heart disease, fat intake & replacement strategies
- Nutrients: Protein amino acids; putting proteins to work; vegetarianism
- Energy: Energy balance: Intake vs. use
- Weight Control: Healthy Weight/Obesity
- Energy Balance: Obesity treatment
- Controlling energy intake/physical activity
- Nutrients: Fat soluble vitamins, A, D, E, K
- Vitamin Supplements: Who needs them?
- Nutrients: Water soluble vitamins
  thiamin, riboflavin, niacin, B-6, folate, B-12, C
- Nutrients: Water
- Nutrients: major minerals: sodium, potassium, chloride, fluoride
  high blood pressure
calcium, phosphorus/osteoporosis
- Nutrients: Trace minerals
- Fitness and sports
- Energy sources, fluids/ergogenic aids?
- Eating Disorders, anorexia nervosa & bulimia nervosa
- Alcohol

Attachments

Comments
## Workflow Information

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<th>Date/Time</th>
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<td>04/26/2012 03:29 PM</td>
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