



HFST 1020

Division: Social and Behavioral Science

Department: Home and Family Studies

Course: HFST 1020

Title: Principles of Nutrition

Catalog Description:

This course gives students an understanding and foundation in basic nutrition principles. The course is intended to help students understand the relationship of food to health, and how the body processes and utilizes food.

General Education Requirements: Individual Choice

Semesters Offered: Fall, Spring

Credit/Time Requirement: Credit: 3; Lecture: 3; Lab: 0

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Justification:

This course provides information that gives students an introduction and foundation in basic nutrition principles. It is designed to meet the basic nutrition course requirement for students majoring in food science, nutrition, education, and nursing.

This course also serves as a prerequisite for programs at the four year schools in the state. It transfers to Utah State University, Southern Utah University, Weber State University, University of Utah, Utah Valley State College, Brigham Young University, Dixie State College, Salt Lake Community College. It is also intended to be an option for the Individual Choice general education requirement at Snow College. It is an option for life science general education requirement at most other Utah institutions.

Student Learning Outcomes:

Upon successful completion of this course, students will:

- develop skill in making sound nutritional choices by using scientific facts, evaluating theories, and through diet analysis
- learn to determine individual nutrient needs through the process of diet evaluation
- gain an understanding and appreciation of the body's use and assimilation of food
- understand the importance proper nutrition plays in all aspects of their life.
- learn to evaluate diet quality using current dietary measures
- understand nutrition issues specific to life stage and specific situations
- gain an appreciation of the issues surrounding worldwide nutritional problems

Content:

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This course will include:

- Food Choices
 - Factors Influencing Choices
 - Classes of Nutrients
 - Energy Yielding Nutrients
 - Essential Nutrients
 - Nutrition Information - Valid and Fraudulent
- Nutrition Standards and Guidelines
 - Nutrients Recommendations
 - Diet Planning with Food Groups and Other Tools
 - Food Labels
 - Calculating Nutrient Intakes and Needs
- The Remarkable Body
- Carbohydrates
- Lipids
- Proteins
- Vitamins
- Minerals and Water
- Energy Balance and Weight Control
- Nutrition and Physical Activity
- Nutrition and Disease Prevention
- Lifecycle Nutrition:
 - Mother and Infant
 - Children and Teenagers
 - Adults
 - The Aging Years
- Food Technology and Food Safety
- Nutrition Status: Domestic and World

General Education Outcomes:

2) Write clearly, informatively, and persuasively.

Approximately eight writing assignments are required for the course. Assignments involved a variety of writing approaches such as research, problem solving, abstracting, etc.

4) Retrieve, evaluate, interpret, and deliver information through a variety of traditional and electronic media.

Assignments for the course such as abstract, research projects, diet evaluation, require students to retrieve information from a variety of sources. Information from textbooks, periodicals, research journals, dietary reference guides, diet analysis software must be evaluated and interpreted to complete required written assignments (approximately 8 assignments). Information must be retrieved from both hard copy and online sources. Some assignments may be submitted by email.

6) Apply computational skills to a variety of contexts.

Various mathematical analyses of nutritional adequacies are performed throughout the course. Examples include calculating RDA percentages consumed, comparison of energy intake and energy expenditure, BMR calculations, nutrient recommendation calculations, energy nutrient ratios, etc.

7) Apply scientific reasoning to a variety of contexts.

Students are exposed to nutrition information from various sources, such as scientifically proven and documented information, nutrition information presented as theories, information from magazines and newspapers, etc. Students are asked to evaluate the validity of the information. Diet evaluation projects require students to provide thoughtful and scientifically correct solutions to dietary deficiencies.

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

This course provides information regarding positive and negative consequences of nutrition and lifestyle choices. Students are required to select and practice appropriate choices leading to increased wellness.

Key Performance Indicators:

- Students complete a variety of written assignments which given an indication of their understanding of the course objectives and material.
 - Students record and analyze the adequacy of their personal diet at the beginning and near the end of the course, including specific recommendations for change to bring their diet closer in line with current dietary recommendations.
 - Students complete a research project and accompanying paper exploring a nutritional problem or process. Findings and conclusions are presented to the class.
 - Individual goals to improve personal nutritional status are set and accomplished by each student.
Points from assignments account for about 45% of grade.
- Five exams are given during the course; three unit exams, a mid-term, and a final. The exams represent about 45% of grade.
- Attendance and class participation are expected and account for about 10% of grade.

Representative Text and/or Supplies:

- Hamilton and Whitney, *Nutrition: Concepts and Controversies*, current edition, West Publishing.
- Diet Analysis Software (available in campus computer lab).

Optimum Class Size: 30

Maximum Class Size: 40

Signatures:

I hereby submit this course syllabus:

Tracie Bradley, MEd, Associate Professor

I hereby find this course consistent with the goals and resources of the Home and Family Studies Department:

Kim Cragun, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)