

BERGEN COMMUNITY COLLEGE
Division of Arts, Humanities and Wellness
Department of Wellness/Exercise Science

Course Syllabus

WEX-163, Nutrition Today

Semester and Year
Course and Section Number: Nutrition Today
Meeting Times and Locations:
Instructor:
Office Location:
Phone:
Departmental Secretary:
Office Hours:
Email Address:

COURSE DESCRIPTION: Nutrition Today is an investigation of basic nutrition concepts. Current studies and findings are explored and evaluated. Information is used to formulate practices that maximize health benefits.

3 Lectures, 3 Credits

Prerequisite: None

OUTCOMES STATEMENT

The students will demonstrate knowledge of nutrition and it's relation to health and disease prevention.

STUDENT LEARNING OBJECTIVES

- A. To analyze the latest nutritional information.
- B. To describe the food pyramid locating time in the pursuit of physical fitness relative to well-being.
- C. To recall recommendations for vitamin, carbohydrates, protein and fat intakes.
- D. To review recommendations by the heart association and cancer society.
- E. To create a healthy diet for themselves.
- F. To analyze food offerings at various situations by evaluating the fat content, as well as nutrition and quality and selecting better food offerings when necessary.

ASSESSMENT CRITERIA

- A. Students will report latest information found on selected sites.
- B. Students will describe vitamin, mineral, carbohydrate, protein and fat intakes.
- D. Students will choose nutritious foods and create a diet they can adhere to.
 - 1. Students will appraise in writing the offerings in a school or corporation, for example, and make recommendations for nutritional improvements.

COURSE CONTENT

- A. The Government's Dietary guidelines
- B. The media delivering nutrition news: Is it always valid?
- C. US Government's "My Plate".
- D. Phytochemicals
- E. How nutrition affects:
 - 1. The Immune System
 - 2. The Digestive System
 - 3. The Excretory System
- F. Fats, carbohydrates and protein
- G. Cholesterol & Heart Disease
- H. Vitamins: Fat soluble and water soluble
- I. Vitamin supplements
- J. Water
- K. The major minerals
- L. The trace minerals
- M. Nutrition sensitive diseases:
 - 1. Heart disease and high blood pressure
 - 2. Cancer
 - 3. Diabetes
- N. Overweight
- O. Food safety
 - 1. The prevention of bacterial illnesses
 - 2. Pesticides and additives

PROCEDURES, TECHNIQUES, METHODS

- A. On line course designed with latest information, assignments, calendar, important sites, news and announcements, etc.
- B. Textbook:Sizer & Whitney, Concepts & Controversies, 13th edition condensed.
- C.
 - 2. Sidney Silverman Library
 - 3. Periodicals: Nutrition Action Healthletter
 - 4. Websites such as American Heart Association and <http://caloriecontrol.org/>

SPECIAL FEATURES OF COURSE

This course will promote the learning of nutrition from the textbook as well as reliable periodicals and websites. Students will be assigned well designed writing projects during the semester. The number of assignments and their content will be exclusive of the writing required on examinations.

GRADING POLICY

A final grade for the course is based on the student's performance on the required work for the course (writing assignments, examinations, attendance, computer projects, etc.) and on his mastery of the material covered in the course. A student's participation may also be evaluated and used in the determination of a final grade.

ATTENDANCE POLICY

Students are expected to attend log on regularly and complete all required work prior to the deadlines. in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of the course. These will be established in writing on the individual course

outline. Attendance will be kept by the instructor for administrative and counseling purposes.

RULES AND REGULATIONS

At the beginning of the academic year, each student is expected to obtain a copy of the College Catalog, Student Handbook, and the Academic Calendar. The catalog contains information about the regulations and procedures essential to student life on campus. Every student is responsible for knowing the information included in the catalog and academic calendar.

ACADEMIC AND STUDENT FACILITIES

Students are referred to the College Catalog which contains a complete listing of available facilities and services including but not limited to: the Sidney Silverman Library, Office of Specialized Services, Bookstore, Graphics lab, Tutoring Center, Athletic and Exercise facilities, etc.

PROPOSED COURSE SEQUENCE:

<u>Week</u>	<u>Readings</u>	<u>Reading/Assignments</u>
1	Chapter 1	Do self-check & internet activity on Pg.23.
2	Chapter 2	Do the self-check on Pg. 57.
3	Chapter 3	Assignment #1.
4	Chapter 4	Take the Diabetes risk test. Which risk factors can you change?
5	Chapter 5	Do the Internet activity on Pg. 171.
6	Chapter 6	Assignment #2 Do the self-check on Pg. 204.
7		Test #1
8	Chapter 7	Do the Self-check on Pg. 256.
9	Chapter 8	Assignment #3 Do the Internet activity on Pg. 303.
10	Chapter 9 & 10	Do the Internet activity on Pg. 350 and 385.self-checks
11	Chapter 11	Assignment #4 Do self-check on Pg. 428.
12	Chapter 13 & 14	Do Self-check on Pg. 547.
13	Chapter 15	Do the self check and Internet activity on Pg. 572.
14		Test #2 and Assignment #5.

Course sequence and content are subject to change without notice as emphasis on course content may vary.