

# BIO 220 - NUTRITION IN HUMAN HEALTH

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## Course Description

This course is an exploration of the fundamentals of nutrition: energy nutrients, vitamins and minerals. Function and sources of each is presented, as well as the role each plays in maintaining health. Students complete their own Food Intake Record and use this information throughout the semester so as to better understand human nutrition. In addition, study is made of the role nutrition along with other lifestyles plays in the prevention and protection from disease. Discussion also includes the relationship between nutrition and fitness. Group 2 course.

## Credit Hours

3

## Contact Hours

3

## Lecture Hours

3

## Recommended Prerequisites or Skills Competencies

ENG 111, MTH 111 or MTH 120, and completion of any 100-level BIO course

## General Education Outcomes supported by this course

Critical Thinking - Direct

## Course Learning Outcomes

### Knowledge:

- Describe the process of nutrient procurement through food choices, digestion, absorption, utilization and elimination.
- Describe how proper nutrition, or lack of, supports health, impacts disease development, the environment and community.

### Application:

- Apply nutrition information to everyday situations as related to health and well-being in normal, healthy individuals through the basic metabolic principles of macronutrients and micronutrients.
- Calculate ideal body weight, body mass index, kilocalorie and fluid requirements for healthy individuals through a personal food intake record for nutrient content.

### Integration:

- Connect the ideas of normal function in the human body and their dependence on nutrition.
- Describe the importance of nutrition in real-life applications.

### Human Dimension:

- Discuss complex nutritional needs/requirements with lay people.
- Work effectively as a team member.

### Caring - Civic Learning:

- Realize the role of nutrition and how it can positively impact both the lives of themselves and others.

- Develop a curiosity about nutrition discovering answers to their own questions.

### Learning How to Learn:

- Interpret and analyze articles from journals, textbooks, and websites to ensure use of reputable information from fact-based, scientific sources.
- Describe the elements of false, misleading, or bogus health information, research or credentials.