

Adopted: 2019

Reviewed: 2019



Alabama  
Department of  
Postsecondary Education

***Representing Alabama's Public Two-Year College System***

*Jefferson State Community College*

**PED 224  
Principles of Nutrition**

**I. PED 224 PRINCIPLES OF NUTRITION 3 CREDIT HOURS**

**II. COURSE DESCRIPTION**

This course introduces students to the principles of nutrition and the role and functions of nutrients to man's food. Basic information concerning food selection and nutrition as a factor in health, ecology, and economy is included.

**III. PREREQUISITE**

None Required

**IV. TEXTBOOK**

Determined by the Instructor

Joan Salge Blake, Nutrition and You  
5<sup>th</sup> Edition.-Hoboken NJ: Pearson Education INC., [2020]  
ISBN: 13:978-0-13-519622-9  
Textbook Required

**V. COURSE OBJECTIVES**

The student will:

- A. Learn to identify the major concepts of nutrition
- B. Learn to develop critical thinking skills in regards to the body's use of food nutrients
- C. Learn to integrate nutritional information in planning diets throughout the life cycle
- D. Explore the health consequences of nutritional practices

## **VI. COURSE OUTLINE OF TOPICS**

- A. What is Nutrition
- B. Tools for Healthy Eating
- C. The Basics of Digestion
- D. Carbohydrates: Sugars, Starches and Fibers
- E. Fats, Oils and Other Lipids
- F. Proteins and Amino Acids
- G. Vitamins
- H. Minerals and Water
- I. Alcohol
- J. Weight Management and Energy Balance
- K. Nutrition and Fitness
- L. Consumerism and Sustainability: Food from Farm to Table

## **VII. GENERAL COURSE COMPETENCIES:**

- A. The student will distinguish the importance of a well-balanced diet in meeting daily nutrient needs.
- B. The student will identify principles in the dietary guidelines for Americans.
- C. The student will assess the symptoms and causes of the most common digestive disorders.
- D. The student will develop guidelines for carbohydrate intake, including the Acceptable Macronutrient Distribution Range (AMDR) for carbohydrates, Dietary Reference Intake (DRI) for fiber, and the recommendations for consuming added sugars.
- E. The student will develop dietary recommendations for total fat, the essential fatty acids, saturated fat, cholesterol, and trans fat.
- F. The student will identify what proteins are and why they are important.
- G. The student will recognize what vitamins are, their functions, and how to preserve them in food.
- H. The student will identify the importance and function of water in the body.
- I. The student will identify how alcohol is absorbed and metabolized in the body and the harmful effects of alcohol.
- J. The student will recognize the concept of a healthy weight, and differentiate between the condition of underweight, overweight, and obesity.
- K. The student will develop a fitness program using the FITT Principle.
- L. The student will identify how food advertising and marketing affect your food choices.

## **VIII. COURSE OBJECTIVES STATED IN PERFORMANCE TERMS:**

- A. The student will learn to identify the major concepts of nutrition.
  - 1. The student will develop an understanding of the science of nutrition.
  - 2. The student will develop an understanding of how good nutrition plays a role in reducing the risk of many chronic diseases and conditions.
  - 3. The student will recognize proper nutrition in managing body weight.

- B. The student will learn to develop critical thinking skills in regards to the body's use of food nutrients.
  1. The student will recognize chemical compounds in food that are used by the body to function properly and maintain health.
  2. The student will recognize the 6 classes of nutrients and their specific role in your body.
  3. The student will correctly use the terms found in the glossary, summaries and margins of the required text.
  
- C. The student will learn to integrate nutritional information in planning diets throughout the life cycle
  
- D. Explore the health consequences of nutritional practices.
  
- E. The student will assess his potential future health and examine his responsibility for personal nutritional wellness by developing a Nutrition/Fitness Plan.
  
- F. The student will identify nutritional values, controversies and guidelines for sound nutrition.
  1. The student will identify major nutrients and describe the functions of each.
  2. The student will examine nutritional controversies.
  3. The student will identify sound nutritional guidelines.

## IX. EVALUATION AND ASSESSMENT

### A. 4 Test

- Test 1 (Chapters 1, 2 & 3) – 50 points
- Test 2 (Chapters 4, 5 & 6) – 50 points
- Test 3 (Chapters 7, 8 & 9) – 50 points
- Test 4 (Chapters 10, 11 & 12) – 50 points (Final Exam)

### B. Assignments:

- 4 sets of study questions @ 25 points = 100 points
- 1 Project - The student will develop a personal nutrition plan including a fitness program using the FITT Principle. @ 100 points

Grades will be given based upon A = 90 – 100%, B = 80 – 89%, C = 70 – 79%, D = 60 – 69%, and F = below 60%.

## X. CLASS ACTIVITIES

All classes will use Jefferson State's Learning management system, Blackboard. The use of blackboard provides a means for students to access materials needed for the class, including assignments, resources and tests. It also provides a means for students to communicate with the instructor and with other students in the class.

## **XI. ATTENDANCE**

Students are not required to visit a Jefferson State campus to fulfill the requirements of this internet course. Withdrawal from class can affect eligibility for federal financial aid.

## **XII. STATEMENT ON DISCRIMINATION/HARASSMENT**

The College and the Alabama State Board of Education are committed to providing both employment and educational environments free of harassment or discrimination related to an individual's race, color, gender, religion, national origin, age, or disability. Such harassment is a violation of State Board of Education policy. Any practice or behavior that constitutes harassment or discrimination will not be tolerated.

## **XIII. AMERICANS WITH DISABILITIES**

The Rehabilitation Act of 1973 (Section 504) and the Americans with Disabilities Act of 1990 state that qualified students with disabilities who meet the essential functions and academic requirements are entitled to reasonable accommodations. It is the student's responsibility to provide appropriate disability documentation to the College. The ADA Accommodations office is located in FSC 300 (205-856-7731).