



Alabama Community College System

PED 224 Principles of Nutrition

I. PED 224 Principles of Nutrition—3 Semester Hours

II. Course Description

This course introduces students to the principles of nutrition and the role and functions of nutrients in man's food. Basic information concerning food selection and nutrition as a factor in health, ecology, and economy is included. Implications of nutrition for children may be stressed. NOTE: This course is a suitable substitute for HEC 140.

Prerequisite

As required by program

III. Textbook

This course uses Wardlaw's Contemporary Nutrition 12th edition and the CONNECT digital platform.

Book: Wardlaw's Contemporary Nutrition 12th Edition
McGraw Hill Publishing Anne Smith / Angela Collene / Colleen Spees

ISBN: Combination of the book and the Connect Code: 9781266366864
ISBN: Standalone Connect Code: 9781260790023

Students must purchase a book. Required Not Optional.

IV. Course Learning Outcomes

By the end of the course, students will be able to:

1. recognize the relationship between physical fitness, health, and nutrition.
2. apply principles of nutrition and USDA dietary guidelines for a healthy diet.
3. evaluate sources of nutrition and define dietary needs for each stage of life.

V. Course Outline of Topics

1. Introduction to Nutrition
2. Tools for Healthy Eating
3. Weight Management and Energy Balance
4. Basics of Digestion
5. Nutrition and Fitness
6. Nutrients and Sources

VI. Evaluation and Assessment

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

VII. Attendance

Students are expected to attend all classes for which they are registered. Students who are unable to attend class regularly, regardless of the reason or circumstance, should withdraw from that class before poor attendance interferes with the student's ability to achieve the objectives required in the course. Withdrawal from class can affect eligibility for federal financial aid.

VIII. Statement on Discrimination/Harassment

It is the official policy of the Alabama Community College System and entities under its control, including all Colleges, that no person shall be discriminated against on the basis of any impermissible criterion or characteristic, including, without limitation, race, color, national origin, religion, marital status, disability, sex, age, or any other protected class as defined by federal and state law. (ACCS Policies 601.02 and 800.00)

IX. 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.