

Lancaster General College of Nursing and Health Sciences

BIO 250: NUTRITION FOR LIFE

- I. Title Nutrition for Life
- II. Course Description: This course is a presentation of the science of nutrition. The course will study how the energy producing nutrients, vitamins, minerals and water are metabolized and utilized by the body throughout the life span. Food composition as the source of nutrients, will be integrated into the assessment of healthy dietary intake.
- III. Prerequisite: Anatomy & Physiology recommended but not required
- IV. Co-Requisite: none
- V. Placement: Year II of program
- VI. Time Allotment: 45 theory hours
- VII. Faculty: Christie Gehman, MA, RD, LDN, CDE
- VIII. Credits: 3
- IX. Evaluation: 3 exams , 3 projects and quizzes
- X. Textbook: Whitney, E., Cataldo, C.B., and Rolfes, S.R. (2005) "Understanding Normal and Clinical Nutrition," 6th edition
- XI. Course objectives: At the conclusion of this course, the student will be able to:
- 1) Describe how basic nutrients are used in the body.
 - 2) Identify dietary sources of basic nutrients.
 - 3) Assess dietary intake using various types of food classification.
 - 4) Describe the changing nutrient needs throughout the life span.
 - 5) Understand issues affecting our food supply.
 - 6) Evaluate the safety and efficacy of new dietary approaches marketed to the general public.
 - 7) Understand how lifestyle choices interact with nutrition to promote health.

XII. School Policies: Students are held accountable for all policies in the Student Handbook and any revisions made to those policies during the academic year.

XIII. Class Requirements:

- Exams: 3 exams (**100 pts. each**).
- Quizzes: extra credit quizzes will be given at the beginning of most classes.
- Class activities: participation in end of class activities are worth **10 pts/class**.
- Projects:
 - 1) Nutrient Analysis using *mypyramid.gov* (**25 points**)
 - 2) Article review of current nutrition related topic & mini presentation (**25 points**)
 - 3) Vitamin/mineral presentation (**50 points**)

XIV. Policies and Procedures:

A. Class attendance policy:

Class attendance and participation is an important component to learning. Attendance will be addressed by offering extra-credit quizzes and class activity points.

B. Standards for writing assignments:

All written work submitted must follow the College Writing Guidelines as stated in the Student Handbook.

C. Academic Dishonesty and Plagiarism:

Academic dishonesty violates the spirit and purpose of an academic community, and is therefore subject to disciplinary action. Academic dishonesty includes cheating on examinations and unauthorized duplicated submission of work. If faculty believes that a student has committed an act of dishonesty or has plagiarized material, that faculty will provide a failing grade for that assignment to the student. If the occurrence is during an examination, the student will receive a zero for that portion of their grade and must leave the room. If the student disagrees with the decision, the student may follow the grievance procedure.

XV. Revisions:

This syllabus is subject to revision by the instructor.

Course Outline

Topics	Date	Reading Assignments
Introduction, Classes of Nutrients, Dietary Reference Intakes and...	1/10	Chapter 1,2
Planning a Healthy Diet, Food Guidelines, Label Reading	1/10	Chapter 3
Digestion, Absorption and Transport	1/17	Chapter 4
Carbohydrates: Sugar, Starch and Fiber	1/24	Chapter 5
Lipids: Triglycerides, Phospholipids and Sterols	1/31	Chapter 6
Proteins and Amino Acids, Review	2/7	Study
Exam I	2/14	Chapter 10
Water Soluble Vitamins	2/21	Chapter 11
Fat Soluble Vitamins	2/28	Chapter 8,9
Energy Balance, Weight Management	3/7	Chapter 12
Water, Fluid and Electrolyte Balance, Acid-Base Balance, Macrominerals	3/21	Chapter 13
Trace Minerals, Review	3/28	Study
Exam II – midterm	4/4	Chapter 14
Nutrition in the Life Span, Pregnancy and Lactation	4/11	Chapter 15
Infancy, Childhood and Adolescence	4/18	Chapter 16
Nutrition and Aging, Review	4/25	Study

Exam III - during finals week

