

Common Course Outline
HLTH/ALHL 232
Contemporary Issues in Nutrition
3 Credits

The Community College of Baltimore County

Description

HLTH/ALHL 232 – 3 credits – Contemporary Issues in Nutrition explores current concepts of practical and applied nutrition such as; food selection, “empty calories”, current myths and misconceptions, the relationship of nutrients to optimal health, weight control, food preparation, health foods, “comfort foods”, additives, food poisoning, etc.
Note: Students may receive credits for HLTH 232 or ALHL 232 but not for both.

3 credits

Prerequisite: ENGL 101 or HLTH 101 or PEFT 101 or with permission of coordinator and MATH 073 or MATH 083.

Overall Course Objectives

Upon successful completion of this course the student will be able to:

1. apply the language of nutrition;
2. establish realistic nutrition goals based upon assessments and develop a strategy to achieve those goals;
3. identify and describe healthy nutrition habits compared to unhealthy habits;
4. identify and describe the physiological adaptations and changes that occur as a result of a healthy nutrition program;
5. explain the lifetime benefits of a proactive nutrition program, especially in a country dominated by fast food;
6. evaluate nutrition information related to additives, dyes, and preservatives;
7. differentiate between "quackery" and sound nutrition programs;
8. demonstrate effective communication in writing and presenting nutritional information and research;
9. analyze diets from a diverse selection of cultures;
10. evaluate the links between poor nutrition and disease;
11. evaluate an ingredient label; and
12. identify the connection between low quality diets and the growing epidemics of obesity, diabetes and other health problems in our youth.

Major Topics

- I. Food Choices and Health
- II. Nutrition Tools
- III. Energy Balance and Healthy Body Weight

- IV. Metabolism
- V. Carbohydrates
- VI. Lipids
- VII. Proteins
- VIII. Vitamins
- IX. Minerals
- X. Water
- XI. Nutrients, Physical Activity and the Body's Responses
- XII. Nutrition and Disease
- XIII. Food Safety and Food Technology
- XIV. Life Cycle Nutrition
- XV. Hunger and Global Environment

Course Requirements

Grading/exams: Grading procedures will be determined by the individual faculty member but will include the following:

- a minimum of two written exams
- a minimum of two supplementary reading and writing assignments (e.g. metabolic analysis, diet analysis, contemporary issues)
- a minimum of one research paper or oral presentation using a minimum of five contemporary periodicals, web or Internet sources and a visual.

Other Course Information

This course is used as a requirement in the Health Education and Health/Fitness majors programs, and is used as an elective in other programs. BIOL 256 is the nutrition course recommended for nursing students.