HLTH/ALHL 232
Contemporary Issues in Nutrition
3 Credits

Community College of Baltimore County
Common Course Outline

Description

HLTH/ALHL 232 – 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, and food safety. NOTE: HLTH 232 is the same as ALHL 232. Earn credit for one only.

Pre-requisites: ENGL 101 or HLTH 101 or PEFT 101 or permission of program coordinator and MATH 083

Overall Course Objectives

Upon completion of this course, students 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 will be determined by the individual faculty member, but shall include the following, at minimum:

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

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Date Revised: 6/7/2022