

**Eastern WV Community & Technical College  
Master Course Record**

<b>Course Prefix and Number:</b> AH 210
<b>Course Title:</b> Nutrition
<b>Recommended Transcript Title:</b> Nutrition
<b>Date Approved/Revised:</b> 12-11-06; 1-4-07; 9-7-17
<b>Credit Hours:</b> 3 <b>Contact hours per week (Based on 15 week term):</b> <b>Lecture:</b> 3 <b>Lab:</b> 0
<b>Prerequisite:</b> None <b>Corequisite:</b> None <b>Pre/Corequisite:</b> None
<b>Grading Mode:</b> Letter Grade
<b>Catalog Description:</b> This course examines the principles of human nutrition and their application in planning and evaluating dietary needs for individuals and families. Emphasis is placed on basic nutrients and processes by which the living organism utilizes them for function, growth and renewal.
<b>Course Outcomes:</b> <ol style="list-style-type: none"> <li>1. Explain how food choices affect human health.</li> <li>2. Discuss nutritional tools such as labels, portions, standards and guidelines.</li> <li>3. Explain the role of carbohydrates in the diet.</li> <li>4. Analyze lipids and their effects on health.</li> <li>5. Define proteins and their role in the diet.</li> <li>6. Identify the different vitamins, their sources and how they affect health.</li> <li>7. Explain the need for water and minerals.</li> <li>8. Investigate the concept of body weight and how it is affected by diet and exercise.</li> <li>9. Investigate how exercise changes dietary needs.</li> <li>10. Describe food safety and food technology.</li> <li>11. Discuss the concept of nutritional changes along the lifespan.</li> <li>12. Describe maternal diet and the impact on fetal growth.</li> <li>13. Describe the benefits of breastfeeding for the infant.</li> <li>14. Summarize the dietary needs of the lactating woman.</li> </ol>
<b>Implementation Cycle:</b> Fall
<b>Role in College Curriculum: (Check all that apply)</b> <b>General Education Core (Specify category)</b> <input checked="" type="checkbox"/> <b>Technical Core (Specify Program) Allied Health Certificate</b> <input checked="" type="checkbox"/> <b>Restricted Elective: Nursing</b> <input checked="" type="checkbox"/> <b>General Elective</b> <input type="checkbox"/> <b>Workforce Education</b> <input type="checkbox"/> <b>Other (Please specify)</b>
<b>Course Fee:</b> None

Course Number &amp; Title:

Date Prepared/Revised: 12-11-06; 1-4-07; 9-7-17

Approved by Curriculum Committee: 9-7-17

Approved by LCC: 1-10-17

<b>Instructor's Qualifications:</b> Master's degree in an Allied Health Field or Bachelor of Science in Nursing.
<b>Expanded Course Description:</b> Classroom participation is encouraged. There may be in-class work sessions and projects. Class discussion, lecture, unit tests and quizzes are the main instructional procedures for this course.

Prepared by:

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Name, Title Date

Approved Per LOT Minutes

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Dean of Teaching and Learning Date