

BIOL 1322
Nutrition & Diet Therapy

Western Texas College

- I. Basic Course Information:
 - A. Course Description: This course introduces general nutritional concepts in health and disease and includes practical applications of that knowledge. Special emphasis is given to nutrients and nutritional processes including functions, food sources, digestion, absorption, and metabolism. Food safety availability, and nutritional information including food labels, advertising, and nationally established guidelines are addressed.
 - B. *Prerequisites*: There are no official prerequisites. However, the student must be able to read, speak and write proficiently at the college level.
 - C. Online course content is administered through the college's learning management system (LMS), Moodle, also called eCampus. A link to eCampus can be found on my.wtc.edu and to Moodle (the big M with a graduation cap) on the college's home page, www.wtc.edu.
- II. Student Learning Outcomes:
 - A. Apply nutritional knowledge to analyze personal dietary intakes, to plan nutritious meals using nationally established criteria to meet recommended goals, and to evaluate food labels and the validity of nutritional claims.
 - B. Trace the pathways and processes that occur in the body to handle nutrients and alcohol through consumption, digestion, absorption, transport, metabolism, storage and waste excretion.
 - C. Discuss functions, sources, deficiencies, and toxicities of macro- and micronutrients, including carbohydrates, lipids, proteins, water, vitamins, and minerals.
 - D. Apply the concept of energy balance and its influences at the physical, emotional, societal, and cellular level to evaluate advantages and disadvantages of various methods used to correct energy imbalances.
 - E. Utilize concepts of aerobic and anaerobic energy systems, and knowledge about macronutrients, vitamins, minerals, ergogenics, and supplements and relate them to fitness and health.
 - F. Describe health and disease issues related to nutrition throughout the life cycle, including food safety, corrective dietary modifications, and the influence of specific nutrients on diseases.
- III. Testing Requirements:
 - A. The midterm and comprehensive final exam must be proctored by an approved testing organization. (Ask you instructor for more details.)
 - B. Students are NOT allowed to use their book or notes of any kind while taking their proctored tests or midterm, and exam.
- IV. Major Course Requirements:
 - A. Major Requirement -- There will be a midterm and final exam
 - B. Major Requirement – There will be weekly quizzes and assignments.

- C. Major requirements - quizzes are all timed.
- V. Grading System:
 - A. Weekly Quizzes/Assignments 50% - Midterm 25% - Comprehensive Final Exam 25%
 - B. Final Grade: A = 89.5 and above, B = 79.5-89.4, C = 69.5 -79.4, D = 59.5 – 69.4, F = 59.4 and below.
- VI. Information on Books and Other Course Materials: Textbook: NUTRITION:APPLIED APPROACH, Author: THOMPSON, ISBN: 9780134516233
- VII. Other Policies, Procedures and important dates. Please refer to the WTC [Catalog](#) for the following
 - A. Campus Calendar
 - B. Final exam schedule
 - C. How to drop a class
 - D. Withdrawal information
 - E. Student Conduct/Academic Integrity
 - F. Classroom Attendance
 - G. Students with disabilities
- VIII. Course Content:
 - A. Nutrition: Linking food and health.
 - B. Designing a Healthful Diet
 - C. The Human Body: Are we really what we eat?
 - D. Carbohydrates: Plant-derived energy nutrients
 - E. Fats: Essential energy-supplying nutrients
 - F. Proteins: Crucial components of all body tissues
 - G. Nutrients Essential in Fluid and Electrolyte Balance
 - H. Nutrients Essential to Key Body Functions
 - I. Nutrients Essential to Healthy Tissue
 - J. Achieving and Maintaining a Healthful Body Weight
 - K. Nutrition and Physical Fitness: Keys to good health
 - L. Food Safety and Technology: Protecting our food
 - M. Food Equity, Sustainability, and Quality: The challenge of “good food”
 - N. Nutrition Through the Life Cycle: Pregnancy and the first year of life
 - O. Nutrition Through the Life Cycle: Childhood to late adulthood