Syllabus

BS110 - Nutrition
3 Credit Hours (Lecture)
Prerequisites: None
C & I Revision Date: 09/12/2025

Department:

Biology

Course Description:

This course is a study of the fundamentals of human nutrition and the relationship of nutrition to health, well-being, and personal food choices. The course will examine human growth and development, scientific research in nutrition, and how nutrition affects human disease. The course will also include the application of basic nutritional science to the requirements of life cycle stages, activity and exercise, and various states of health. This course is appropriate for Biology, Nursing, and Pre-Med students.

Course Competencies:

The learning outcomes and competencies detailed in this syllabus meet or exceed the learning outcomes and competencies specified by the Kansas Core Outcomes Groups for this course as approved by the Kansas Board of Regents. (Kansas Regents Shared Number Course and Title: **KRSN Course HSC1010 Nutrition**.)

Upon completion of this course, students will be able to:

1. Identify the six classes of nutrients and their sources.
2. Demonstrate an understanding of energy balance and the processes of digestion, absorption, and metabolism of nutrients.
3. Demonstrate an understanding of how foods, its preparation, and dietary patterns affect health and wellbeing.
4. Employ available resources to make informed nutritional choices.
5. Describe nutritional needs throughout the lifespan.
6. Understand food safety, security, and sustainability.

Course Content:

A. What is nutrition?
B. Tools for Healthy Eating
C. The Basics of Digestion
D. Carbohydrates: Sugar, Starch, and Fiber
E. Fats, Oils, and Other Lipids
F. Proteins and Amino Acids
G. Vitamins
H. Minerals and Water
I. Weight Management and Energy Balance
J. Nutrition and Fitness
K. Consumerism: From Farm to Table
L. Food Safety and Technology
M. Life Cycle Nutrition: Pregnancy through Infancy

N. Life Cycle Nutrition: Toddlers through the Later Years
Hunger at Home and Abroad

Course Schedule: *PLEASE SEE THE LAST PAGES OF HANDOUT*

Learning Assessments:

Course competencies will be assessed by quizzes, written tests, research projects, computer exercises, presentations, group discussion questions/assignments, summaries, article reviews and reactions relating to various learning experiences.

Instructional Methods:

Lecture, video recordings, discussions, group work, demonstrations, handouts, internet usage and other engaging learning methods are examples of what will be used in this course. Participation will be kept track of for points awarded.

Instructional Materials:

Nutrition & You, Blake, 3rd Ed., Pearson, 2012 ISBN: 9780321910400

Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students **must** complete the "Disabilities Self-Identification Form" on our Disability Services website.

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.

A Note on Harassment, Discrimination and Sexual Misconduct

Highland Community College seeks to assure all community members learn and work in a welcoming and inclusive environment. Title VII, Title IX, and College policy prohibit harassment, discrimination and sexual misconduct. Highland Community College encourages anyone experiencing harassment, discrimination or sexual misconduct to talk to report to the Vice President for Student Services, the Human Resources Director or complete an online report about what happened so that they can get the support they need and Highland Community College can respond appropriately.

There are both confidential and non-confidential resources and reporting options available to you. Highland Community College is legally obligated to respond to reports of sexual misconduct, and therefore we cannot guarantee the confidentiality of a report, unless made to a confidential resource. Responses may vary from support services to formal investigations. As a faculty member, I am required to report incidents of sexual misconduct and thus cannot guarantee confidentiality. I must provide our Title IX coordinator with relevant details such as the names of those involved in the incident. For more information about policies and resources or reporting options, please review our Equity Grievance Policy.