

<p>Course Name: HLTH 230/3.0</p> <p>Basic Human Nutrition</p>	<p>Course Instructor: Jeffrey Lalonde</p>	<p>Contact Hours: Fall 2020 – Remote Delivery</p> <p>Prerequisite: Second-year standing or above. High School 4U Biology, or equivalent is recommended.</p> <p>Exclusion: NURS 100/3.0</p>														
<p>Course Description:</p> <p>Study of macronutrients, selected micronutrients, energy needs for human performance, relationship of nutrient metabolism to human health, consequences of nutrient deficiencies and excesses. Examine how student's intake may influence present and future nutritional well-being.</p>		<p>Course Texts:</p> <p>Required: Whitney, E., Rolfes, S., Hammond, G. & Piche, L.A. (2016). Understanding Nutrition (2nd Canadian ed.). Toronto, ON: Nelson Education Ltd.</p> <p>Required Software: Diet and Wellness Plus (required for an assignment worth 20%) MindTap, which can be purchased through the Campus Bookstore, includes an electronic copy of the Understanding Nutrition 2CE textbook as well as the Diet and Wellness plus software. Your access code is what you purchased. If you have purchased MindTap you do not need to purchase Diet and Wellness plus separately.</p> <p>Course notes will be posted on onQ</p>														
<p>Intended Student Learning Outcomes:</p> <ul style="list-style-type: none"> • Students will be able to describe and explain diet planning, dietary guidelines, Dietary Reference Intakes and nutrition labeling and illustrate how these are important to health • Students will be able to describe the digestion and absorption of food and how the nutrients and nonnutrients have roles in the body and can affect one's health. • Students will be able to compare and discuss factors and influences that affect bodyweight 		<p>Course Evaluation:</p> <table border="0"> <tr> <td>Mandatory academic integrity quiz</td> <td>0%</td> </tr> <tr> <td>Practice quizzes</td> <td>0%</td> </tr> <tr> <td>Nutrition Basic Concepts (assign1)</td> <td>15%</td> </tr> <tr> <td>Balanced Meals (assign2)</td> <td>15%</td> </tr> <tr> <td>Diet Analysis (assign3)</td> <td>20%</td> </tr> <tr> <td>Forum discussions (2 group)</td> <td>10%</td> </tr> <tr> <td>Proctored Final Exam - multiple choice</td> <td>40%</td> </tr> </table>	Mandatory academic integrity quiz	0%	Practice quizzes	0%	Nutrition Basic Concepts (assign1)	15%	Balanced Meals (assign2)	15%	Diet Analysis (assign3)	20%	Forum discussions (2 group)	10%	Proctored Final Exam - multiple choice	40%
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<p>Course Outline</p>																
<p>Nutrition Overview, Dietary Guidelines and Planning</p>	<p>Water Soluble and Fat Soluble Vitamins</p>															

a Healthy Diet	
Digestion and Foodborne Illness	Calcium, Osteoporosis and Fitness
Carbohydrates and Artificial Sweeteners	Alcohol and Minerals (not calcium)
Lipids	Obesity, Body Composition and Energy Balance
Proteins and Vegetarian Diets	Weight Control, Eating Disorders and Disordered Eating
Water and Water Soluble Vitamins	