

College of the Marshall Islands
COURSE OUTLINE

CIP No. 51.1601

AH 114
Alpha Number

Nutrition
Course Title

Course Description

Presents basic nutrition concepts and application in planning nutritious meals for persons of various age groups. Consideration is given to physiological, economic, psychological, geographic, and cultural factors of food acceptance and availability. Special and therapeutic diets are studied.

Course prepared by: Nursing and Allied Health Department

February 2013

| | Hours per Week | Number of Weeks | Total Hours | Credits |
|------------|-----------------------|------------------------|---------------------------|-------------------|
| Lecture | <u>3</u> | <u>16</u> | <u>48</u> | <u>3</u> |
| Laboratory | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| Clinical | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| Seminar | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| | | | Total Credit Hours | <u>3</u> |

Purpose of Course:

| | |
|-----------------------|-------------------|
| Degree Requirement | <u> X </u> |
| Degree Elective | <u> </u> |
| General Education | <u> </u> |
| Credit Certification | <u> </u> |
| Developmental | <u> </u> |
| Community Education | <u> </u> |
| Vocational Education | <u> </u> |
| Adult Basic Education | <u> </u> |

Distribution Areas:

| | |
|----------------------|-------------------|
| Humanities | <u> </u> |
| Social Sciences | <u> </u> |
| Mathematics (Credit) | <u> </u> |
| Science | <u> </u> |

Prerequisites: ENG 90s or placement in Credit English

Signature, Curriculum Committee Chairperson

Date

Signature, Dean of Academic Affairs

Date

Signature, Vice President of Academic Affairs

Date

Date last Revised or Reviewed: May 13, 2019 (Spring Semester)

I. Nutrition
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II. Course Outcomes

A. Student Learning Outcomes

Upon completion of this course, the student will be able to:

1. Educate individuals and families about nutrition (NURS evidence-based care, NURS civic, ethical, cultural responsibility)
2. Incorporate cultural, psychological, and economic considerations when providing nutritional interventions (NURS evidence-based care, NURS civic, ethical, cultural responsibility)
3. Describe special nutritional requirements during health and illness for various age and developmental stages (NURS evidence-based care, NURS civic, ethical, cultural responsibility)
4. Compare and contrast the nutritive value of locally grown food to imported food (NURS healthy lifestyle, civic, ethical, cultural responsibility)

III. Course Content

The student will understand the basic principles of nutrition and its influences on health and illness.

1. Principles of nutrition.
2. The nutrients, their characteristics, functions, and food sources.
3. Guidelines for healthy eating.
4. Assessing nutritional status.
5. Cultural, psychological and economic influences on food choices.
6. Nutritional needs throughout life cycle.
7. Nutrition in health and illness

IV. Methods of Instruction

1. Lecture
2. Class Discussion
3. Written and oral reports - individual and groups
4. Field trips to grocery stores, local gardens, the wellness center, and the hospital kitchen
5. Cooking demonstration

V. Equipment and Materials

1. AV supplies and equipment
2. Library and online resources
3. Weight scale & measurement tape
4. Fresh and processed food samples
5. Cooking equipment & supplies

VI. Suggested Methods of Evaluation

1. Participation in class discussions
2. Tests
3. Written and oral projects

Letter grades will be assigned per CMI Grading System.