

Course Outline

Course Code, Number, and Title:

NUTR 1100: Introduction to Nutrition

Course Format:

[Course format may vary by instructor. The typical course format would be:]

Lecture 4 h + Seminar 0 h + Lab 0 h

Credits: 3

Transfer Credit: For information, visit bctransferguide.ca

Course Description, Prerequisites, and Corequisites:

An introduction to the concepts of and some current topics in human nutrition. Students study the principles of normal nutrition and the role of adequate nutrition in maintaining good health. Topics include vitamins, minerals, fluids, nutritional assessment, food and drug interactions, and specific nutrition concerns during the different life cycle stages. The advanced topics of sport nutrition and nutrition in health and disease are introduced. Students develop the ability to discriminate between reliable and unreliable nutrition information.

This course is intended for students who want a general introduction to Nutrition. It is not intended for students in the Nutrition and Food Service Management Program. Students looking for a more comprehensive course in Nutrition should register in NUTR 2112 and 2212.

Prerequisite(s)

N/A

Corequisite(s)

N/A

Objectives/Additional Information

N/A

Learning Outcomes:

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

- Discuss the scientific nature of nutrition and its application to healthy individuals: defining nutrition, using tools to assess eating habits, and applying food label information to personal health goals and comprehends the scientific nature of nutrition and the application to healthy individuals
- Describe the physiological processes as they relate to the nutrition process: digestion, absorption, and transport.
- Explain the role of macronutrients in the human diet, including the nutritive value and requirements, the food sources and the subcategories of each

- Describe the role of vitamins and minerals in maintaining health, summarizing the differences between water- and fat-soluble vitamins, micro and macro mineral, their functions and food sources and identify deficiency symptoms resulting from inadequate intake of vitamins and minerals
- Explain the role of fluids and electrolytes in the body and how balance is achieved and maintained
- Summarize differences in nutritional needs at various stages of the life cycle and those based on gender and list the factors influencing eating behaviour at various stages in the life cycle and specific effects of malnutrition
- Identify special nutritional needs of athletes and those involved in sports, articulating their special macronutrient needs and describing the changes to an athlete's micronutrient metabolism
- Summarize the role of nutrition in selected disease conditions, specifically relating to impact on cause and treatment
- Examine the interaction between some foods/nutrients and, identifying the effects on absorption and/or utilization of nutrients
- Identify and utilize the strategies to determine the validity of nutritional claims.

Instructor(s): TBA

Office: TBA

Phone: 604.323.XXXX

Email: TBA

Office Hours: TBA

Textbook and Course Materials:

[Textbook selection may vary by instructor.]

Note: This course may use an electronic (online) instructional resource that is located outside of Canada for mandatory graded class work. You may be required to enter personal information, such as your name and email address, to log in to this resource. This means that your personal information could be stored on servers located outside of Canada and may be accessed by U.S. authorities, subject to federal laws. Where possible, you may log in with an email pseudonym as long as you provide the pseudonym to me so I can identify you when reviewing your class work.

Assessments and Weighting:

Final Exam %

Other Assessments %

(An example of other assessments might be:) %

Information currently unavailable, please consult Department for details.

Grading:

Specific grading schemes will be detailed in each course section outline.

Information currently unavailable, please consult Department for details.

Detailed Course Schedule:

Information currently unavailable, please consult Department for details

As a student at Langara, you are responsible for familiarizing yourself and complying with the following policies:

College Policies:

[E1003 - Student Code of Conduct](#)

[F1004 - Code of Academic Conduct](#)

[E2008 - Academic Standing - Academic Probation and Academic Suspension](#)

[E2006 - Appeal of Final Grade](#)

[F1002 - Concerns about Instruction](#)

[E2011 - Withdrawal from Courses](#)

Departmental/Course Policies: