

SAMPLE COURSE OUTLINE

Creation date: November 25, 2020

Revision date:

Course Code, Number, and Title:

NUTR 3100: Nutrition, Health and Wellness

Course Format:

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

Credits: Number of Credits

Transfer Credit: For information, visit bctransferguide.ca

Course Description, Prerequisites, Corequisites:

Nutrition relates to the health of individuals who are living and eating in the context of food systems that are strongly affected by local and global public policy choices and economic incentives. In this course, students examine, interpret, and evaluate current topics in nutrition related to health issues and policies, as well as individual food choices. Students explore and analyze aspects of health promotion, health education, and wellness for those involved in promoting healthy lifestyles. Students also discuss the impact of food choices on the environment and the sustainability of those choices.

Prerequisite(s): 15 credits including 3 credits of University Transferable English or Communications with a minimum "C" grade.

Learning Outcomes:

At the completion of this course the student will be able to:

- Critically review current issues related to nutrition, health, wellness, and the environment.
- Analyze the inter-relationship of personal choice, government policy and environmental factors on health and well being.
- Identify the causes of and formulate strategies to minimize the risk of chronic disease and hunger.
- Examine how health policy is translated into health education tools for different population groups
- Assess and debate the legitimacy of nutrition claims made in the marketplace.
- Analyze an existing nutrition related health promotion program and propose recommendations for change or revision

Instructor(s): TBA

Office: TBA

Phone: (604) 323-XXXX

Email: TBA

Office Hours: TBA

Textbook and Course Materials:

"This generic outline is for planning purposes only".

[Textbook selection may vary by instructor. An example of texts and course materials for this course might be:]

For textbook information, visit https://mycampusstore.langara.bc.ca/buy_courselisting.asp?selTerm=3|8

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 0%

Other Assessments 100%

(An example of other assessments might be:)

Individual Assignments 55%

Major Project 20%

Participation 25%

Grading System:

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

Information unavailable, please consult Department for details.

Topics Covered:

The topics covered in this course will vary from semester to semester to reflect current and emerging research, trends, issues, and policies in the field of Nutrition.

Topics may include, but not be limited to:

- Basic concepts of Nutrition, Health and Wellness
- Nutrition issues and national policy in Canada
- Diet and Health Relationships in a global context
- Nutrition Concerns in the global environment
- Climate change and food and nutrition security implications
- Sustainability, From Farm Gate to Plate
- Obesity, Heart Health and Malnutrition
- Current Topics, Trends and Initiatives in Nutrition, Health and Wellness
- Marketing of Nutrition: Superfoods, Wellness & Natural Products
- Future Directions – who and what are the key drivers for change?
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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:

Information unavailable, please consult Department for details.

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