



## Course Syllabus

**BIOL 1322 Nutrition & Diet Therapy****Instructor:**

Majumdar, Sudeep

**Contact Information:**

1600 Innovation Blvd (1600 CR 108),  
Hutto, TX 78634,  
512-759-5616,

**Catalogue Description**

This course introduces general nutritional concepts in health and disease and includes practical applications of that knowledge. Special emphasis is given to nutrients and nutritional processes including functions, food sources, digestion, absorption, and metabolism. Food safety, availability, and nutritional information, including food labels, advertising, and nationally established guidelines are addressed. Topics include classes, sources, and functions of nutrients, digestion and absorption, and metabolism with applications to normal and therapeutic nutritional needs. In addition to learning how the body handles nutrients, students will analyze personal eating habits; develop a personal weight control plan; analyze food labels; distinguish between nutrition fact and myth; identify relationships between nutrition and disease; and integrate nutrition information into daily lives. This course is not a core curriculum course.

**Term:**

Spring 2023

**Format of Term:**

8 week

**Lab Hours Per Week:**

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**End of Course Outcomes:**

Identify the nutrients required by the body, their food sources, functions, deficiencies, and toxicities. Describe the digestion, absorption, and transport of nutrients in the body. Describe the metabolism of carbohydrates, lipids, and proteins in the body. Discuss the RDA, DRI, Food Guide Pyramid, and food labeling. Discuss energy balance, weight control, and the needs of special populations. Discuss nutrition as it relates to the life cycle and disease prevention. Evaluate personal caloric and nutrient intake and make appropriate changes to meet dietary goals. Distinguish between nutritional myths vs. facts. Understand the differences among the various energy systems and fiber types within the body and how each relates to nutritional intake. Understand eating disorders and their effects on nutritional requirements.

**Required Textbook**Joan Salge Blake, , 6, Nutrition and You, , Pearson., , <http://>

**Evaluation System:**

20% x 3 = 60% Three Exams taken at Proctored Testing Centers

30% Online Homework

10% A three-part Diet Analysis: Entering a 5-day food Intake, Evaluating deficiencies and excesses, and making changes to come up with a balanced diet.

**Course Schedule/Topics**

Chapters

Ch 1: What is Nutrition

Ch 2: Tools for Healthy Eating

Ch 3: Basics of Digestion

Ch 4: Carbohydrates

Ch 5: Lipids

Ch 6: Proteins

Ch 7: Vitamins

Ch 8: Minerals and Water

Ch 9: Alcohol

Ch 10: Weight Management

Ch 11: Nutrition and Fitness

Ch 12: Consumerism

Ch 13: Food Safety

Ch 14: Pregnancy – Infancy,

Ch 15: Toddlers - Later Years

Ch 16: Hunger

**Marketable Skills****Marketable Skills****Critical Thinking**

- Creative thinking
- Innovation
- Inquiry and analysis
- Evaluation and synthesis of information
- Problem Solving
- Generate ideas
- Set realistic goals
- Set priorities

**Communication Skills**

- Reading
- Support ideas with evidence

**Empirical and Quantitative Skills**

- Manipulation of numerical data or observable facts resulting in informed conclusions
- Analysis of numerical data or observable facts resulting in informed conclusions
- Computer Literacy
- Forecasting predicting
- Identifying resources

- Gathering information
- Imagining alternatives
- Goal setting
- Extracting important information
- Reporting information
- Defining needs
- Analyzing
- Budget development, management
- Use math or statistics to answer questions

**Class Policies**

All students must uphold the academic integrity stated in the student handbook.