

Reedley College

# SIGNATURE FORM

*Submission/Recommendation/Action*

Course Department and Number: FN 35

Course Title: Nutrition and Health

Effective Date: Fall 09

1. Submitted By: Alan B. Avakian Date: 3/20/09

2. Reviewed by Department: [Signature] Date: 3/20/09  
Department Chair's Signature  
Attach department recommendation. (optional)

3. Received/Reviewed by Dean of Instruction: [Signature] Date: 3/20/09  
Dean's Signature

4. Approved by Curriculum Committee on: \_\_\_\_\_  
Date

\_\_\_\_\_  
Curriculum Committee Chair Date

\_\_\_\_\_  
Vice President of Instruction Date

5. Reviewed by Articulation Officer: \_\_\_\_\_  
Date:

CSU GE Code submitted for articulation: \_\_\_\_\_

# Reedley College Proposed Course Modification

Course # / Title FN 35 Nutrition and Health

## CHECK OFF SHEET

**PRELIMINARY STEPS.** Do before completing Course Modification Form.

(EACH BOX SHOULD BE CHECKED AS COMPLETED BEFORE SUBMISSION.)

1. Communicate with the Curriculum Chair regarding intent to modify an existing course outline (recommended, not required).

2. List term for implementation of modifications:

Fall 09     Spring \_\_\_\_\_     Summer \_\_\_\_\_

3. Check one:

Do not complete Fresno City College course alignment page if:

\_\_\_\_\_ No similar course or program at FCC.

Course currently in common with FCC course or accepted in lieu of and changes will not affect status.

Complete Fresno City College course alignment page if:

\_\_\_\_\_ Course currently in common with FCC course or accepted in lieu of. Changes may affect status. Consult with counterparts at FCC and complete alignment page

\_\_\_\_\_ Course not in common or accepted in lieu of but may be with proposed changes consult with FCC counterparts

4. Changes sought in the following:

CSU General Education Code

Yes \_\_\_\_\_ No \_\_\_\_\_

Transfer Baccalaureate List

Yes \_\_\_\_\_ No \_\_\_\_\_

If yes to either, schedule an appointment with the Articulation Officer

5. Changes sought in number of repeats for credit:

\_\_\_\_\_ Yes

\_\_\_\_\_ No

If yes, secure a **Course Repetition** form from the Curriculum Office.

## PROPOSED COURSE MODIFICATION FORM

Appropriate sections of Course Outline of Record completed.

## FINAL steps (Do after completing Course Outline of Record)

1. Signature Form. Secure signatures of the Department Chair and the Associate Dean before submitting the completed course proposal to the Curriculum Office.

2. Program Description. Course modification will change an existing program which is or will be described in the college catalogue.

\_\_\_\_\_ Yes    \_\_\_\_\_ No

If yes, complete **Program Description Form** before submitting modification.

3. Final Check. All items above have been completed and checked off before modification is submitted.

**Reedley College  
PROPOSED COURSE MODIFICATION**

All changes and modifications in the official course outline must come to the Curriculum Committee. Though minor changes may seem obvious, even these need to come to committee for information and to update the official curriculum. Changes in programs or in several department offerings should be submitted together if possible so that the whole picture is clear.

**OUTLINE.** Please fill in current existing course number, title, and units for course to be modified.

Department Health Sciences Course No. FN3J  
 Course Title Nutrition and Health Units 3  
 Effective Date Fall 09

**A. PROPOSED CHANGES.**  
(Indicate below all proposed changes to be made in the course outline.)

**I. Cover Page**

- |                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> 1. Course ID<br><input type="checkbox"/> 2. Course Title<br><input type="checkbox"/> 3. Units<br><input type="checkbox"/> 4. Lecture/Lab Hours<br><input type="checkbox"/> 5. Grading Basis<br><input type="checkbox"/> 6. Entrance Skills: Basic Skills Prerequisites/Advisories<br><input type="checkbox"/> 7. Subject Prerequisites/Corequisites/Advisories | <input type="checkbox"/> 8. Classification (Degree applicable, Non-degree applicable, or Pre-collegiate Basic skills)<br><input type="checkbox"/> 9. General Education Pattern, Graduation Requirement, and Major Category<br><input type="checkbox"/> 10. General Education Pattern/Baccalaureate (CSU)<br><input type="checkbox"/> 11. Repeatability<br><input type="checkbox"/> 12. Catalog Description |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Other pages

- |                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> II. Course Outcomes<br><input type="checkbox"/> III. Course Objectives<br><input type="checkbox"/> IV. Course Content Outline<br><input checked="" type="checkbox"/> V. Approved Readings | <input type="checkbox"/> VI. Methods of Grading<br><input checked="" type="checkbox"/> VII. Levels of Educational Materials<br>Additional Pages (optional depending on course)<br><input type="checkbox"/> Request for Repeatability/Limitation on Enrollment |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**B. DESCRIPTION OF CHANGES AND MODIFICATIONS.**

ITEM NO.	CHANGED FROM	CHANGED TO	REASON
V	Old edit.in	New edit.in	
VII			

(Additional sheets may be attached if necessary.)

**C. EXPLANATIONS.** If course modification results in changes in the program which will require use of the program description form, please give rationale.

Please attach the complete outline before modifications to this form. If only the first page of the outline is being modified, also attach the new first page. If other pages of the outline are being modified, please attach the complete new outline.



**CREDIT COURSE OUTLINE**

**I. COVER PAGE**

(1) FN 35	(2) NUTRITION AND HEALTH	(3) 3
Number	Title	Units

(4) Lecture / Lab Hours:		(8) Classification:		
Total Course Hours				
Total Lec hours:	3	Degree applicable:	x	
Total Lab hours:	0	Non-degree applicable:		
Lec will generate <u>0</u> hour(s) outside work.		Pre-colligate basic skills:		
Lab will generate <u>0</u> hour(s) outside work.				
(5) Grading Basis:	Grading Scale Only	(9) RC	Fulfills AS/AA degree requirement: (area)	
	Pass/No Pass Option		x	General education category:
	Pass/No Pass only			Major:
(6) Basic Skill Prerequisites: Basic Skill Advisories: Eligibility for ENGL 125 and ENGL 126 or equivalent		(10) CSU	Baccalaureate: <span style="float: right;">x</span>	
(7) Subject Pre-requisites (requires C grade or better):		(11) Repeatable: (A course may be repeated three times) <span style="float: right;">no</span>		
Subject Corequisites:		For Office Use Only		
Subject Advisories:		New <input type="checkbox"/>	Mod <input type="checkbox"/>	
		Effective Date:		
		SAM Priority:		
		DATATEL ID:		
		Unit Code:		
		TOPS Code:		
		Reporting ID:		
		Date Reporting ID Assigned		
		Program Status:		
		Course LHE		
		Replaced by:		
		Date:		

(12) Catalog Description:  
 Relationship of diet to physical and emotional health: nutrients, diet patterns throughout the life cycle. Optimal nutrition to reduce the risks of cancer, heart disease, allergies, and other diseases.

Social, psychological, and cultural dictates which affect food selection and health. Personal strategies to develop a nutrition plan for better health. Designed for students with an interest in Food Services. Not open to students with credit in Foods and Nutrition 40, Nutrition.

## II. COURSE OUTCOMES:

*(Specify the learning skills the student demonstrates through completing the course and link critical thinking skills to specific course content and objectives.)*

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

- A. Critically evaluate nutrition information
- B. Analyze the relationship between diet and disease in order to apply to life's situations
- C. Evaluate their dietary intake and as a basis for making lifelong dieting choices

## III. COURSE OBJECTIVES:

*(Specify major objectives in terms of the observable knowledge and/or skills to be attained.)*

In the process of completing this course, students will:

- A. Identify the social, physiological and cultural factors that influence food choices throughout the life cycle
- B. Describe the body's basic need for nutrients and give the details of many of the body systems as they relate to nutrition
- C. Compare nutrition information from a scientific perspective to distinguish from fallacy
- D. Use the concept of food grouping and exchange systems
- E. Identify the major functions of carbohydrates, lipids, proteins, vitamins, minerals, and water
- F. Describe food patterns that increase the risk of health problems and recommend appropriate modifications in dietaries to reduce the risk of developing health problems
- G. Compare his/her nutrient intake to that of the U.S. Recommended Dietary Allowances

## IV. COURSE OUTLINE:

- A. Human Physiology and Nutrition
- B. Diet Planning
- C. Diet and Disease
- D. The Carbohydrates
- E. The Lipids
- F. The Proteins
- G. The Vitamins
- H. Minerals and Water
- I. Energy Balance and Weight Control
- J. Nutrition and the consumer

- K. Food Technology and Safety
- L. Nutrition Assessment
- M. Nutrition throughout the Life Cycle
- N. World Food and Hunger

**V. APPROPRIATE READINGS**

*Reading assignments may include but are not limited to the following:*

1. Simple Text Title:

- A. Nutrition: Concepts and Controversies,Sizer/Whitney 11<sup>th</sup> ed.
- B. Diet Analysis Plus 9.0

2. Other Readings

- Global or international materials or concepts are appropriately included in this course
- Multicultural materials and concepts are appropriately included in this course

If either line is checked, write a paragraph indicating specifically how global/international and/or multicultural materials and concepts relate to content outline and/or readings.

This course will explore many ethnic food ways to show how basic diet-planning principles can apply to many different cuisines.

Students will have the opportunity to learn about global environmental choices which may help solve the hunger problem, improve the quality of life, and generate jobs.

**VI. METHODS TO MEASURE STUDENT ACHIEVEMENT AND DETERMINE GRADES:**

Students in this course will be graded in at least one of the following four categories. Please check those appropriate. A degree applicable course must have a minimum of one response in category A, B, or C.

A. Writing	
Check either 1 or 2 below	
<input checked="" type="checkbox"/>	<b>1. Substantial writing assignments are required. Check the appropriate boxes below and provide a written description in the space provided.</b>
<input type="checkbox"/>	<b>2. Substantial writing assignments are NOT required. If this box is checked leave this section blank. For degree applicable courses you must complete category B and/or C.</b>

<input type="checkbox"/>	a) essay exam(s)	<input checked="" type="checkbox"/>	d) written homework
<input checked="" type="checkbox"/>	b) term or other paper(s)	<input checked="" type="checkbox"/>	e) reading reports
<input type="checkbox"/>	c) laboratory report(s)	<input type="checkbox"/>	f) other (specify)

**Required assignments may include but are not limited to the following:**

1. Written assignments require students to compare a Nutrition News Article from a scientific perspective to distinguish fact from fallacy.

**B. Problem Solving**

1. Computational or non-computational problem-solving demonstrations, including:

<input checked="" type="checkbox"/>	a) exam(s)	<input type="checkbox"/>	d) laboratory reports
<input type="checkbox"/>	b) quizzes	<input type="checkbox"/>	e) field work
<input checked="" type="checkbox"/>	c) homework problems	<input type="checkbox"/>	f) other (specify):

**Required assignments may include but are not limited to the following:**

1. Analyze diet
2. Evaluate diet

**C. Skill demonstrations, including:**

<input checked="" type="checkbox"/>	a) class performance(s)	<input type="checkbox"/>	c) performance exams(s)
<input type="checkbox"/>	b) field work	<input type="checkbox"/>	d) other (specify)

**Required assignments may include but are not limited to the following:**

1. Class participation in exercises in involving critiques and comparisons of food group plans.
2. Students will define nutrition terms

**D. Objective examinations including:**

<input checked="" type="checkbox"/>	a) multiple choice	<input type="checkbox"/>	d) completion
<input checked="" type="checkbox"/>	b) true/false	<input type="checkbox"/>	e) other (specify):
<input type="checkbox"/>	c) matching items	<input type="checkbox"/>	

**COURSE GRADE DETERMINATION:**

Description/Explanation: Based on the categories checked in A-D, it is the recommendation of the department that the instructor's grading methods fall within the following departmental guidelines; however, the final method of grading is still at the discretion of the individual instructor. The instructor's syllabus must reflect the criteria by which the student's grade has been determined. (A minimum of five (5) grades must be recorded on the final roster.)

If several methods to measure student achievement are used, indicate here the approximate weight or percentage each has in determining student final grades.

50% Exams  
10% Homework

20% Diet Plan  
10% Participation

10% Reading reports and critiques

### VII. EDUCATIONAL MATERIALS

For degree applicable courses, the adopted texts, as listed in the college bookstore or instructor-prepared materials have been certified to contain college-level materials.

Validation Language Level (check where applicable):	College-Level Criteria Met	
	YES	NO
Textbook	<u>X</u>	_____
Reference materials	<u>X</u>	_____
Instructor-prepared materials	<u>X</u>	_____
Audio-visual materials	<u>X</u>	_____

Indicate Method of evaluation:

- Used readability formulae (grade level 10 or higher) \_\_\_\_\_
- x Text is used in a college-level course \_\_\_\_\_
- Used grading provided by publisher \_\_\_\_\_
- Other: (please explain; relate to Skills Levels) \_\_\_\_\_

*Computation Level* (Eligible for MATH 101 level or higher where applicable) \_\_\_\_\_ X\_\_\_\_\_

Content

Breadth of ideas covered clearly meets college-level learning objectives of this course \_\_\_\_\_ x\_\_\_\_\_

Presentation of content and/or exercises/projects:

Requires independent thought and study \_\_\_\_\_ x\_\_\_\_\_

Applies transferring knowledge and skills appropriately and efficiently to new situations or problems. \_\_\_\_\_ x\_\_\_\_\_

List of Reading/Educational Materials

1. Text (Sample)
  - A. Nutrition: Concepts and Controversies,Sizer/Whitney 11<sup>th</sup> ed.



B. Diet Analysis Plus 9.0

---

---

Comments:

---

---

\_\_\_\_\_ This course requires special or additional library materials (list attached).

~~\_\_\_\_\_~~<sup>x</sup> This course requires special facilities: *tables, chairs, computer lab, laser disc player, TV and VCR*