

SIGNATURE FORM

Submission/Recommendation/Action

Course Department and Number: FN 40

Course Title: Nutrition

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

FN40 Nutrition

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. FN40
 Course Title Nutrition 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 | <input type="checkbox"/> 8. Classification (Degree applicable, Non-degree applicable, or Pre-collegiate Basic skills) |
| <input type="checkbox"/> 2. Course Title | <input type="checkbox"/> 9. General Education Pattern, Graduation Requirement, and Major Category |
| <input type="checkbox"/> 3. Units | <input type="checkbox"/> 10. General Education Pattern/Baccalaureate (CSU) |
| <input type="checkbox"/> 4. Lecture/Lab Hours | <input type="checkbox"/> 11. Repeatability |
| <input type="checkbox"/> 5. Grading Basis | <input type="checkbox"/> 12. Catalog Description |
| <input type="checkbox"/> 6. Entrance Skills: Basic Skills Prerequisites/Advisories | |
| <input type="checkbox"/> 7. Subject Prerequisites/Corequisites/Advisories | |

Other pages

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

B. DESCRIPTION OF CHANGES AND MODIFICATIONS.

ITEM NO.	CHANGED FROM	CHANGED TO	REASON
✓	Old edition	New edition	
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 40 _____ (2) NUTRITION _____ (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 __ hour(s) outside work.			Pre-colligate basic skills:		
Lab will generate __ 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:	Natural Science
	Pass/No Pass only		Major:		
(6) Basic Skill Prerequisites:			(10) CSU	Baccalaureate:	x
Basic Skill Advisories: Eligibility for ENGL 125, ENGL 126, and MATH 101			(11) Repeatable: (A course may be repeated three times)		
(7) Subject Pre-requisites (requires C grade or better):					
Subject Corequisites:					
Subject Advisories:					
For Office Use Only					
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:
 Nutrients and their ingestion, digestion, absorption, transport, metabolism, interaction, storage, and excretion. The relationship of diet to physical and emotional health, diet patterns through the life cycle, consumer concerns, and recent developments.

III. 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. Assess and evaluate the use of carbohydrates, fats, protein, vitamins, minerals, and water in building members of tissue.
- B. Draw conclusions about and appraise the ongoing impact of the elements of nutrition on anatomy and physiology.
- C. Utilize and apply various food grouping plans.
- D. Evaluate the diet that can meet the U.S. Recommended Dietary Allowances.

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. Describe the fundamentals of chemical structures and understand the composition of foods, tissues, and certain elementary nutrients.
- B. Outline the elements of anatomy and physiology, and understand the body processes of digestion, absorption, metabolism, and excretion.
- C. Summarize the use of carbohydrates, fats, proteins, vitamins, and minerals in building maintenance of tissues.
- D. Recognize the factors of influencing the requirements and recommended allowances for the various nutrients: size, age, physical activities, etc.
- E. Demonstrate how and why nutrient requirements change during the life cycle and how the recommended dietary allowances based on these needs can be met.
- F. Apply reasoning in nutrition to evaluate food fads and fallacies, advertisements, practices in enrichment, fortification, and practices in supplementation.
- G. Compare his/her nutrient intake to that of the U.S. Recommended Dietary Allowances.

IV. COURSE OUTLINE:

- A. Introducing the Nutrients
 1. Basic chemistry concepts
 2. Biochemical structures and pathways
 3. The six classes of nutrition
 4. Recommended nutrient intakes
 5. Nutrition assessment

- B. Diet Planning
 - 1. Food choices
 - 2. Dietary Guidelines for Americans
 - 3. The Food Guide Pyramid
 - 4. Exchange lists
 - 5. Food labels
 - 6. Multicultural cuisine
 - 7. World food and hunger
- C. Diet and Disease
 - 1. Heart disease and stroke
 - 2. Hypertension
 - 3. Cancer
 - 4. Diabetes
 - 5. Nutrition, immunity, and AIDS
- D. Digestion, Absorption, and Transport
 - 1. Anatomy and the digestive tract
 - 2. Absorption
 - 3. The circulatory system
 - 4. Regulation of digestion and absorption
- E. The Carbohydrates
 - 1. The chemist's view of carbohydrates
 - 2. The simple carbohydrates
 - 3. The complex carbohydrates
 - 4. Digestion and absorption of carbohydrates
 - 5. Glucose in the body
 - 6. Artificial sweeteners
- F. The Lipids
 - 1. Triglycerides and fatty acids
 - 2. Phospholipids and sterols
 - 3. Digestion, absorption, and transport of lipids
 - 4. Lipids in the body
 - 5. Fat substitutes
- G. Protein: Amino Acids
 - 1. The chemist's view of proteins
 - 2. Digestion and absorption of protein
 - 3. Proteins in the body
 - 4. Protein in foods
 - 5. Vegetarianism
- H. The Water-Soluble Vitamins
 - 1. B Vitamins and Vitamin C
 - 2. Vitamin and mineral supplements
- I. The Fat-Soluble Vitamins
 - 1. Vitamins: A, D, E, K
 - 2. Antioxidant nutrients
- J. Water and the Major Minerals
 - 1. Water and the body fluids

2. Alcohol and nutrition
3. The major minerals
4. Osteoporosis and calcium
- K. The Trace Minerals
- L. Energy Balance and Body Composition
- M. Weight Control: Overweight and Underweight
 1. Causes of obesity
 2. Treatments of obesity
 3. Underweight
 4. Anorexia Nervosa and Bulimia
- N. Fitness
 1. Physical activity
 2. Nutrients to support activity
- O. Consumer Concerns
 1. Food-borne illnesses
 2. Environmental contaminants
 3. Natural toxicants in foods
 4. Food additives
 5. The public water supply
- P. Life Cycle Nutrition
 1. Growth and Development during Pregnancy
 2. Maternal weight
 3. Nutrition during pregnancy
 4. High-risk and low-risk
 5. Nutrition during lactation
 6. Nutrition during infancy
 7. Childhood nutrition
 8. Nutrition and adolescence
 9. Nutrition and the older adult
 10. Nutrition and Longevity

V. APPROPRIATE READINGS

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

1. Sample Text Title:

- A. Understanding Nutrition, Whitney and Rolfes, West Publishing 2008 11th 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 explores ethnic influence on food choices and World Food Hunger issues.

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"/> 1. <i>Substantial writing assignments are required. Check the appropriate boxes below and provide a written description in the space provided.</i>	
<input type="checkbox"/> 2. <i>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.</i>	
<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. Students will analyze a nutrition article from a journal.
2. Projects require the application of diet planning principles and nutrition concepts.
3. Students are required to complete a term paper on a current nutrition-related topic. As part of this paper, the student will be directed to analyze, research, organize their thoughts on the subject and present their findings in class, both orally and in writing.

B. Problem Solving	
1. Computational or non-computational problem-solving demonstrations, including:	
<input type="checkbox"/> a) exam(s)	<input type="checkbox"/> d) laboratory reports
<input type="checkbox"/> b) quizzes	<input type="checkbox"/> e) field work
<input type="checkbox"/> c) homework problems	<input checked="" type="checkbox"/> f) other (specify): 24-hour nutritional assessment

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

1. Students evaluate their own diet by comparing the food intake to that of the Recommended Dietary Allowances.
2. Students will use inductive/deductive reasoning to analyze their diet in a 24-hour Nutritional Assessment and make specific recommendations for nutrient intake in relation to the US Dietary Allowances.

C. Skill demonstrations, including:			
<input 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:

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		

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.

Examinations	67%
Nutritional Assessment	12%
Homework	9%
Term Paper	12%

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>	<u> </u>

Reference materials	<u> X </u>	<u> </u>
Instructor-prepared materials	<u> X </u>	<u> </u>
Audio-visual materials	<u> X </u>	<u> </u>

Indicate Method of evaluation:

Used readability formulae (grade level 10 or higher)
 Text is used in a college-level course X
 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. Understanding Nutrition, Whitney and Rolfes, West Publishing 2008 11th ed
- B. Diet Analysis Plus 9.0

Comments:

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

 x _____ This course requires special facilities: *tables, chairs, computer lab, laser disc player, TV and VCR*