WINDWARD COMMUNITY COLLEGE MISSION STATEMENT

Windward Community College offers innovative programs in the arts and sciences and opportunities to gain knowledge and understanding of Hawai‘i and its unique heritage. With a special commitment to support the access and educational needs of Native Hawaiians, we provide O‘ahu’s Ko‘olau region and beyond with liberal arts, career and lifelong learning in a supportive and challenging environment — inspiring students to excellence.

CATALOG DESCRIPTION

An introductory level biological science course which integrates basic concepts of science with the study of human nutrition. Designed for students who want an introduction to nutrition, as well as those who later choose to major in it. (3 hours lecture)

Pre-Requisite(s): Placement in ENG 100 and credit in Math 25, 26, 29, or 82 or higher, placement into Math 103 or higher, or consent of instructor.

STUDENT LEARNING OUTCOMES

The student learning outcomes for the course are:

- Describe the six categories of nutrients and evaluate the nutrient adequacy of a diet.
- Identify factors influencing eating habits.
- Correctly interpret and evaluate information on food labels, packages and product advertising based on generally accepted scientific methods and standards.
- Define various types of malnutrition and discuss their causes, cures, and associated health effects.
- Discuss current issues related to the safety of the food supply, using concepts from toxicology.
- Describe physiological changes that occur during the life cycle and explain the changes in nutrient needs that accompany these changes.
- Discuss various environmental and ecological conditions, which interact with human nutrition, both locally and globally.
COURSE CONTENT

Concepts or Topics

- Food sources and their nutritional value
- Nutrition, biochemistry and physiology
- Nutrition and human behavior
- Nutrition and the human body
- Accessing and presenting evidence-based health and nutrition material

Skills or Competencies

1. Calculate energy requirements based on basal metabolic needs
2. Analyze and evaluate the nutritional content of daily intake and menus using a variety of tools, and recommend modifications responsive to health risks.
3. Describe health promotion and prevention activities to prevent diseases including cancer, heart disease, obesity, and diabetes.
4. Describe principles and practices of food preparation, hygiene and safety.

COURSE TASKS

Student engagement in their own learning is the prevailing strategy to support students to develop a basic proficiency of nutritional science. Attendance and active participation are imperative to the success of every student and the course. In addition, students will work on one Term Research Project throughout the semester and submit nutrition and activity journals using an online resource.

ASSESSMENT TASKS AND GRADING

Students are evaluated based on demonstration of understanding of learning objectives as reflected by measurable and continual gains in nutritional science knowledge. A variety of assessment strategies will be used. Strategies may include: instructor led lectures combined with interactive discussions, quizzes, exams, nutrition journaling, and student presentations in the classroom, campus or community.

LEARNING RESOURCES


DISABILITIES ACCOMMODATION STATEMENT

If you have a physical, sensory, health, cognitive, or mental health disability that could limit your ability to fully participate in this class, you are encouraged to contact the Disability Specialist Counselor to discuss reasonable accommodations that will help you succeed in this class. Ann Lemke can be reached at 235-7448, lemke@hawaii.edu, or you may stop by Hale `Akoakoa 213 for more information.

Revised 1/31/17