



NUTR&101 - Nutrition

Document Type: Master Course Outline

Proposal Type: Revision

Requester(s): Brian W Palmer

College: North

Origination Approved: 10/24/2016 - 2:43 PM

BASIC INFORMATION

Requester(s): Brian W Palmer

College: North Seattle College

Division/Dept: Math / Science

Dean: Alissa D Agnello

COURSE INFORMATION

Proposed Course Number:

Prefix: NUTR& Number: 101

Request a new Prefix

This will be a common course

Full Title: Nutrition

Abbreviated Title: Nutrition

Catalog Course Description:

Introduction to human nutrition with an emphasis on the relationship of nutrition to growth, development, health, and physical and mental functioning across the lifespan. Sources, functions, interrelationships, and human requirements of proteins, carbohydrates, fat, minerals, vitamins and water will be examined. Topics also include analysis of personal dietary habits, public health issues such as obesity and access to food and food security, and the role of nutrition in chronic disease.

Course Length: 11 Weeks

Request an Exception

Topical Outline:

1. The science of nutrition and nutrition research
2. The Dietary Guidelines for Americans and a healthful diet
3. Human digestion and absorption
4. The macronutrients
5. Prevention of chronic disease through nutrition and lifestyle
6. Regulation of eating behavior, weight and body composition
7. The micronutrients, antioxidants, and phytochemicals
8. Micronutrient interactions
9. Water
10. The role of nutrition in supporting physical activity and exercise
11. Weight management
12. Nutrition across the lifespan
13. US and global issues of food insecurity, hunger, and malnutrition

14. Food safety

**COURSE CODING**

**Funding Source:** 1.....State

**Institutional Intent:** 11.....Academic Transfer

Select the Distribution Area of the AA Degree that this course will satisfy, if applicable:

**Distribution Areas**

Natural World

**Will this course transfer to a 4-year university?**

**Yes**

NTR 150 currently transfers to the UW and other universities as NUTR&101. This revision changes the prefix and number to align with other colleges and universities using common course numbering.

Please Describe:

NTR 150 currently transfers to the UW and other universities as NUTR&101. This revision changes the prefix and number to align with other colleges and universities using common course numbering.

**Is this course designed for Limited English Proficiency?**

**No**

**Is this course designed for Academic Disadvantaged?**

**No**

**Does this course have a Workplace Training component?**

**No**

**CIP Code:** 26.0101

Request Specific CIP Code

**Credits:**

**Will this course be offered as Variable Credit?**

No

**No**

**List Course Contact Hours**

Lecture (11 Contact Hours : 1 Credit)	55
Lab (22 Contact Hours : 1 Credit)	0
Clinical Work (33 Contact Hours : 1 Credit)	0
Other (55 Contact Hours : 1 Credit)	0
Total Contact Hours	55
Total Credits	5

**This is to certify that the above criteria have all been met and all statements are accurate to the best of my knowledge.**

Faculty involved in originating this program:

Brian W Palmer  
Print Name

*Brian W Palmer*  
Signature

10/6/2016  
Date

Dean:

Alissa D Agnello  
Print Name

*Alissa D Agnello*  
Signature

10/17/2016  
Date

**Results of NSCC Curriculum and Academic Standards Committee Findings**

**Participating Faculty Response and Remarks**

- Recommended for approval
- Not recommended for approval

Chairman, Curriculum and Academic Standards Committee:

Brian W Palmer  
Print Name

*Brian W Palmer*  
Signature

10/17/2016  
Date

Vice President for Instruction:

Kristen A Jones  
Print Name

*Kristen A Jones*  
Signature

10/24/2016  
Date