



NUTR100 - Personal Nutrition

Document Type: Master Course Outline

Proposal Type: New Course

Requester(s): Janet Kapp

College: South

Origination Approved: 03/02/2015 - 8:46 AM

BASIC INFORMATION

Requester(s): Janet Kapp

College: South Seattle College

Division/Dept: Academic Programs

Dean: Joseph Shannon

Peer Reviewer(s): Shawn E Peterson

COURSE INFORMATION

Proposed Course Number:

Prefix: **NUTR** Number: **100**

Request a new Prefix

This will be a common course

Full Title: Personal Nutrition

Abbreviated Title: Personal Nutrition

Catalog Course Description:

This course explores how nutrition affects health and fitness for the individual and the family. Students apply knowledge of nutrition guidelines to analyze their personal diet and improve current food preparation, intake, and lifestyle habits. This course is for students who want to increase their knowledge of nutrition and improve overall health. The course is designed for students with little or no science background. Suggested pre- or co-requisites: ENGL 098 and MATH 094.

Course Length: 11 Weeks

Request an Exception

Topical Outline:

1. Overview of nutrition/nutrition information and misinformation
2. Planning a healthful diet
3. Food systems, food safety, and food technology
4. Digestion, absorption, and transport
5. Carbohydrates
6. Lipids
7. Protein
8. Energy balance and body composition/weight management
9. Lifecycle nutrition

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

Please Describe:

While there is currently no equivalent course at the UW, we will pursue an agreement with the UW for this course to transfer as a general elective in the sciences.

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

List Course Contact Hours

Table with 2 columns: Contact Hours Description and Hours. Rows include 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:

Janet Kapp
Print Name

Janet Kapp
Signature

2/13/2015
Date

Dean:

Joseph Shannon
Print Name

Joseph Shannon
Signature

12/4/2014
Date

Results of SSCC Curriculum Coordinating Council Findings

Participating Faculty Response and Remarks

- Recommended for approval
- Not recommended for approval

Chairman, Curriculum Coordinating Council:

Diane Schmidt
Print Name

Diane Schmidt
Signature

2/27/2015
Date

Vice President for Instruction:

Peter Lortz
Print Name

Peter Lortz
Signature

3/2/2015
Date