RARITAN VALLEY COMMUNITY COLLEGE
ACADEMIC COURSE OUTLINE

BIOL 142-Introduction to Nutrition

I. Basic Course Information

A. Course Number and Title: BIOL 142- Introduction to Nutrition

B. New or Modified Course: Modified

C. Date of Proposal: Semester: Fall Year: 2024

D. Effective Term: Fall 2025

E. Sponsoring Department: Science and Engineering

F. Semester Credit Hours**: 3**

G. Weekly Contact Hours**:** Lecture**:** 3
Laboratory**:** 0
Out of class student work per week: 6

H. ☒ Prerequisite (s): None
☐ Corequisite (s):

I. Additional Fees**:** None

II. Catalog Description

There is no prerequisite for this course. This is an introductory course in nutrition. It presents the non-science major with the chemistry and function of all essential nutrients. It discusses current ideas and topics in nutrition, and provides an introduction to methods of scientific inquiry in nutrition research. The relationship between nutrients and disease prevention is also discussed.

III. Statement of Course Need

A. This course will serve as a science elective for various science options and a non-lab science requirement in various programs. Students will develop an interest in and an

understanding of the vital role of optimal nutrition in the maintenance of health and well-being. Students will have an opportunity to analyze their own diets using basic scientific knowledge, and they will have the opportunity to modify their diets accordingly.

B. The course does not have a lab component.

C. This course generally transfers as a non-lab science general education course.

IV. Place of Course in College Curriculum

A. Free Elective
B. This course serves as a science general education elective without lab.
C. This course serves as a science elective for non-science and science majors. This course serves as a program requirement for Health Science, Associate of Science, Exercise Science-Option in Sports Management (AS), Associate of Science, Fitness Specialist, Certificate, Exercise Science (AS), and is an option for Human Services, Certificate of Completion.
D. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

1. What is nutrition?
2. Tools for Healthy eating
3. Basics of Digestion
4. Carbohydrates: Sugar, starches, and Fiber
5. Fats, Oils, and other lipids
6. Proteins and amino acids
7. Vitamins
8. Minerals and Water
9. food safety
10. alcohol
11. Weight management and Energy balance
12. Nutrition and Fitness
13. Consumerism: From Farm to Table
14. Life cycle nutrition: Pregnancy through Infancy
15. Life cycle Nutrition: toddlers through the later years
16. Diet analysis project

VI. A. Course Learning Outcomes:

At the completion of the course, students will be able to:

1. Identify the six classes of nutrients and their respective functions in the body. (GE-1)
2. Describe and apply the tools to evaluate dietary intakes – Dietary Reference Intakes (DRI), including Recommended Dietary Allowance (RDA), Adequate Intake (AI), and Tolerable Upper Intake Level (UL). (GE-3, IL*)
3. Assess dietary intakes for nutritional adequacy and make recommendations for improvement of the diet. (GE-1, IL*)
4. Discuss the relationship of physical activity and nutrition and how they relate to energy balance, weight control and health.
5. Discuss the varying nutritional needs throughout the life cycle.
6. Discuss diseases associated with nutrient deficiencies and excess intake.
7. Discuss the role of nutrients in the prevention of selective chronic diseases.

* Embedded critical thinking.

B. Assessment Instruments

Given the outcomes described above, the following assessment methods may be used:

1. research paper
2. diet analysis projects
3. exams
4. presentations
5. discussion questions
6. reading quizzes
7. class participation
8. response papers

VII. Grade Determinants

What factors may enter into the determination of the final? LIST the grade determinants. Please note any grade determinants that will be *required* for the course. For example:

A. essays
B. projects
C. tests
D. presentations
E. quizzes
F. discussions

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

A. lecture/discussion
B. small-group work
C. computer-assisted instruction
D. student oral presentations

E. movies

VIII. Texts and Materials

A. suggested textbook: Nutrition & You, 6th edition, ISBN: 9780135415658
B. Website: MasteringNutrition

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

IX. Resources

What specific or unusual resources (such as library, computer, or laboratory resources) does the College presently have that will be necessary for the course? What additional resources will be needed? List the resource:

A. Library
B. Computers with internet access

X. Check One: ☐Honors Course ☐Honors Options ☒ N/A