



CURRICULUM GUIDELINES

A: Division: **Science & Technology**

Date: **November 21, 2000**

B: Department/
Program Area: **Sport Science**

New Course

Revision

If Revision, Section(s) Revised: **C**

Date Last Revised: **November 1979**

C: SPSC 192

D:

Topics in Human Nutrition

E: 3

Subject & Course No.	Descriptive Title	Semester Credits
<p>F: Calendar Description: This course will provide students with a knowledge of the basic principles of human nutrition in respect to essential food intake. Assessment of personal nutritional needs, the nutritional values of local and professional foods, and the acute nature of global nutritional problems will be investigated.</p>		
<p>G: Allocation of Contact Hours to Types of Instruction/Learning Settings</p> <p>Primary Methods of Instructional Delivery and/or Learning Settings:</p> <p>Lecture Laboratory Seminar</p> <p>Number of Contact Hours: (per week / semester for each descriptor)</p> <p>2 1 1</p> <p>Number of Weeks per Semester:</p> <p>14</p>	<p>H: Course Prerequisites:</p> <p>None</p>	
	<p>I: Course Corequisites:</p> <p>None</p>	
	<p>J: Course for which this Course is a Prerequisite:</p> <p>None</p>	
	<p>K: Maximum Class Size:</p> <p>35</p>	
<p>L: PLEASE INDICATE:</p> <p><input type="checkbox"/> Non-Credit</p> <p><input type="checkbox"/> College Credit Non-Transfer</p> <p><input checked="" type="checkbox"/> College Credit Transfer: Requested <input type="checkbox"/> Granted <input type="checkbox"/></p> <p>SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)</p>		
<p>Equivalent Courses:</p> <p>S.F.U. KIN 110</p>		

M: Course Objectives/Learning Outcomes

At the conclusion of this course, students will:

1. Possess a basic knowledge of nutritional principles with regard to the major nutrients
2. Be able to utilize this knowledge to analyse current and often controversial nutrition issues
3. Be aware of the world's pressing nutritional problems
4. Be familiar with the nutritional value of many of the different foods available and the effects of various processing and preparation techniques
5. Be familiar with their own eating habits and attempt to modify these to suit their own requirements

N: Course Content

1. Normal nutrition
2. Food values
3. Functions of food in the body
4. Canada Food Guidelines; and
5. The following topics, drawn upon or changed somewhat, to cover current trends or concerns in nutrition:
 - 5.1 Nutritional problems of affluent society
 - 5.2 World food production and consumption patterns
 - 5.3 The politics of food
 - 5.4 Childhood malnutrition, brain development, and behaviour
 - 5.5 Breast versus bottle feeding
 - 5.6 The 'protein crisis': perspectives and proposals
 - 5.7 The vegetarian diet
 - 5.8 The role of dietary fibre in disease prevention
 - 5.9 Empty calories and the sugar controversy
 - 5.10 Energy balance and weight control
 - 5.11 Diet and coronary heart disease
 - 5.12 Vitamins and megavitamins
 - 5.13 Mineral malnutrition
 - 5.14 Food processing and chemical additives
 - 5.15 Dietary self-defence
 - 5.16 Dietary fads

O: Methods of Instruction

Lectures
Laboratories
Seminars
Films
Slides

P: Textbooks and Materials to be Purchased by Students

Whitney, E. and S. Rolfes. Understanding Nutrition 8th Edition. (West Publishing, 1999)

Q: Means of Assessment

Mid-term Examination	20%
Laboratory Assignments (3 at 5%)	15%
Seminar	15%
Major Assignment	20%
Final Examination	20%
Attendance and Participation	10%

TOTAL:	100%

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

Course Designer(s)

Education Council/Curriculum Committee Representative

Dean/Director

Registrar