

Common Course Number: HUN 1201

Course Title: Essentials of Human Nutrition

Catalog Course Description: The Essentials of Nutrition, is a course designed to acquaint students with the specific role of carbohydrates, fats, proteins, vitamins, minerals, and water in daily life. This includes a study of the human body systems that manage the breakdown, assimilation, and excretion of nutrients and their metabolic wastes. The course explores the relationships between food and optimal health including physical fitness. The relationships between nutritional imbalances and diseases are studied

Credit Hours: 3

Prerequisites: None

Co requisite: None

Course competencies:

Competency 1: *Upon successful completion of this course, the student will show knowledge of nutrient classes by:*

- A. Listing the nutrients classes needed by the human body
- B. Describing the nutrients classes needed by the human body

Competency 2: *Upon successful completion of this course, the student will show knowledge of RDA's and RDI's by:*

- A. Defining what they are