# Syllabus

## NS 115 Introduction to Nutrition

### General Information

**Date**  
September 10th, 2018  

**Author**  
Izy Grooms  

**Department**  
Science and Technology  

**Course Prefix**  
NS  

**Course Number**  
115  

**Course Title**  
Introduction to Nutrition

### Course Information

<table>
<thead>
<tr>
<th>Credit Hours</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lecture Contact Hours</td>
<td>3</td>
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<tr>
<td>Lab Contact Hours</td>
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</tr>
<tr>
<td>Other Contact Hours</td>
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**Catalog Description**  
An introduction to the field of human nutrition and food focused on the mutual relationships between humans and their biological and physical environment. This course includes the study of human nutritional needs; problems encountered in providing food to meet nutritional needs; the relationships among human physiological needs, sociocultural systems, and food; and the significance of these relationships to the attainment of health.

**Key Assessment**  
This course does not contain a Key Assessment for any programs

**Prerequisites**  
None

**Co-requisites**  
None

**Grading Scheme**  
Letter

### First Year Experience/Capstone Designation

This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

### SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category  
Natural Sciences

### FLCC Values
Institutional Learning Outcomes Addressed by the Course

Vitality  Inquiry  Perseverance  Interconnectedness

Course Learning Outcomes

1. Summarize the role of micronutrients and macronutrients in maintaining health and good sources of these nutrients.
2. Classify the basic structure and functions of the macronutrients – carbohydrates, fats, and proteins.
3. Identify the structures and functions of the digestive system and its role in human nutrition and health.
4. Explain how nutrition contributes to some disease processes.
5. Apply nutritional guidelines to meet individual dietary needs.

Program Affiliation

This course is required as a core program course in the following program
- AS Nutrition and Dietetics
- AS Physical Education and Exercise Science
- AS Sports Medicine

Outline of Topics Covered

1. Food Choice and Human Health
2. Nutrition Tools, Standards, and Guidelines
3. The Human Body
4. Carbohydrates
5. Lipids
6. Proteins
7. Vitamins,
8. Water and Minerals
9. Energy and Metabolism
10. Nutrients, Physical Activity, and The Body’s Responses
11. Diet and Health
12. Food Safety
13. Life Cycle Nutrition
14. Hunger and The Global Environment