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Biology (BIOL) 2370 Basic Nutrition (3 Units) CSU:UC  
[formerly Biology 15]

Advisory: Eligibility for English 1000 and Reading 1005 strongly recommended

Total Hours: 48 hours lecture

Catalog Description: In this basic nutrition course students will learn fundamental principles of nutrition and their application to diets under normal conditions.

Type of Class/Course: Degree Credit

Text: Smolin, Lori, and Mary B. Grosvenor. *Nutrition: Science and Applications*. 3<sup>rd</sup> ed. Wiley & Sons, Inc., 2013.

Sizer, Frances and Eleanor Whitney. Nutrition: Concepts and Controversies. 7th Ed. OR

Distance Learning Text:

Whitney, Eleanor Noss, Sharon Rady Rolfes. Understanding Nutrition. 9th Ed. Belmont, CA: West/Wadsworth, 1999.

Whitney, Eleanor Noss, Sharon Rady Rolfes. Diet analysis Plus 5.0 CD Rom for Windows. Belmont, CA: West/Wadsworth, 1999.

Additional Instructional Materials: Food Diary and Activity Manual, handouts and references by instructor.

Course Objectives:

By the end of the course, a successful student will be able to:

1. explain the fundamental principles of human nutrition,
2. analyze nutrition's effects on the human body,
3. apply nutritional knowledge to diet and food choices, and
4. identify sources for obtaining additional reliable nutrition information.

Course Scope and Content:

Unit I Food and People

- A. Food choices and human health
- B. Nutrition standards and guidelines
- C. The remarkable human body
- D. Food safety and food technology
- E. Hunger and the global environment

Unit II The Nutrients

- A. The carbohydrates: sugars, starch, glycogen, and fibers



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- B. The lipids: fats, oils, phospholipids, and sterols
- C. The proteins and amino acids
- D. The vitamins
- E. Water and minerals

Unit III Applied Nutrition

- A. Energy balance and weight control
- B. Nutrients, physical activity and body's responses
- C. Nutrition and disease prevention
- D. Life cycle nutrition - mother and infant
- E. Life cycle nutrition - child, teen, and older adults

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 6 hours per week outside of the regular class time doing the following:

- 1. Reading assigned materials
- 2. Studying
- 3. Answering questions
- 4. Problem solving activity or exercise
- 5. Written assignments/research
- 6. Observation of or participation in an activity related to course content

Methods of Instruction:

- 1. Lecture
- 2. Individual research
- 3. Speakers/class reports
- 4. Film/videos

Methods of Evaluation:

- 1. Substantial writing assignments, including:
  - a. reading reports
  - b. research and term papers
  - c. written homework
- 2. Computational or non-computational problem-solving demonstrations, including:
  - a. exams
  - b. homework problems
  - c. field work-food diary and write-up
- 3. Skill demonstrations, including:
  - a. class performance
  - b. performance exams
  - c. field work
- 4. Other examinations, including:
  - a. completion/fill in the blank
  - b. matching items
  - c. true/false



d. multiple choice

Supplemental Data:

TOP Code:	049900: Other Biological Sciences
SAM Priority Code:	E: Non-Occupational
Distance Education:	Online; Offline
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	1: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	E: Credit By Exam
Eligible for Pass/No Pass:	C: Pass/No Pass
Taft College General Education:	LNS: Local GE Natural Science