

Red Rocks Community College

HWE 100 -601 Human Nutrition

Instructor: Linda DeBell PhD, RD, RDN, RDH

Office:

Health Careers Hours by Appointment.

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Course Description:

Introduces the basic principles of nutrition with emphasis on personal nutrition. This course will satisfy nutrition requirements for students entering health care professions.

Minimum Credit:

3

Objectives:

1. Define common terminology, and perform simple mathematical calculations, pertaining to nutrition.
2. Describe basic dietary guidelines and current standards for adequate nutrient intake and food safety.
3. Explain how cultural, social, and psychological factors affect food choices and consumption.
4. Identify the physical and chemical properties that characterize six categories of nutrients: Carbohydrates, fats, proteins, vitamins, minerals and water.
5. Describe how the body processes these nutrients, the roles they play in the body, and specific health consequences of deficient or excessive intake.
6. State common food sources of these nutrients.
7. Analyze personal dietary intake and compare it to the guidelines and standards.
8. Describe the relationship between energy intake, metabolism, physical activity, and weight control.
9. Design daily meal plan for a balanced nutrient intake and specific calorie level.
10. Identify the nutritional needs at various developmental stages of pregnancy, lactation, childhood, adolescence and adulthood.
11. Evaluate nutrition information and product claims as a wise consumer.

Text (required):

Whitney & Sizer, Nutrition, Concepts and Controversies, St. Paul West Publishing Company.

Diet Analysis Program (required):

Diet Analysis Plus Program for Diet Analysis Project.

Three Ring Notebook (required):

With 4 labeled dividers.

Grading:

Grading for this course is based on four criteria:

Exams (2 Take Home Exams due the following class)

Labs (15 labs)

Attendance

Diet Analysis Project (Due the last day of class)

Grading Scale:

90-100% = A

80-89% = B

70-79% = C

60-69% = D

<59% = F

Course Overview:

Nutrition 100 is a course designed to educate you on the basic concepts of nutrition and invites you to explore the controversies in this field. This course will be held on the weekends and covers information from the Whitney and Sizer nutrition book; Chapters 1 through 15. We will use lectures, media, written, hands on material and class room discussion in this course. This is for guidance on which material will be covered, but may change during the course.

Class Content: (Tentative Schedule)**Weekend 1**

Chapter 1: Introductions, Food Choices and sorting out qualified professionals

Chapter 2: Nutrition Tools-Standards and Guidelines

Chapter 3: Remarkable Body, the Human Digestion

Chapter 4: Carbohydrates, Sugar-Simple and Complex Carbohydrates

Chapter 5: Lipids, Fats, and More Fats

Chapter 6: Proteins, the Basic Structures in Life

Weekend 2

Chapter 7: Vitamins, Concepts and Controversies

Chapter 8: Minerals and Water

Chapter 9: Energy and Health, Body Weight including BMI & BMR

Chapter 10: Nutrients, Physical activity-Sports Nutrition

Chapter 11: Diet and Health-Disease Linked to Your Diet

Chapter 12: Food Safety and Technology

Weekend 3

Chapter 13: Life Cycle- Mother and Infant Nutrition

Chapter 14: Child, Teen and Older Adult Nutrition

Chapter 15: Hunger

Accessibility

Red Rocks Community College is committed to access for students with disabilities. If you are a student with a disability and need assistance or are interested in requesting accommodations, please contact [Accessibility Services](#). Faculty are not obligated to provide accommodations without proper notification by Accessibility Services and accommodations are not retroactive. Students may contact the Access staff by telephone or email to make an intake appointment at 303-914-6733 or access@rrcc.edu. Accessibility Services is located in Suite 1182 at the Lakewood campus. More information is available at www.rrcc.edu/accessibility-services.

Mandatory Reporting

Our College is committed to preserving a safe and welcoming educational environment for all students. As part of this effort, I have an obligation to report certain issues relating to the health and safety of campus community members. I must report to the appropriate College officials any allegation of discrimination or harassment. Sexual misconduct, which includes sexual harassment, non-consensual sexual contact, non-consensual sexual intercourse, and sexual exploitation, is considered a form of discrimination.

In addition to reporting all discrimination and harassment claims, I must report all allegations of dating violence or domestic violence, child abuse or neglect, and/or credible threats of harm to yourself or others. Such reports may trigger contact from a College official who will want to talk with you about the incident that you have shared. In almost all cases, it will be your decision whether you wish to speak with that individual. If you would like more information, you may reach the Title IX/EO Coordinator: D. Arnie Oudenhoven, Executive Director of Human Resources/Title IX Administrator, 303-914-6298 or [Arnie Oudenhoven](mailto:arnie.oudenhoven@rrcc.edu) (arnie.oudenhoven@rrcc.edu)

Reports to law enforcement can be made at the Red Rocks Campus Police Department behind the Welcome Desk at the Main Entrance or [RRCC Dispatch](mailto:rrpd.dispatch@rrcc.edu) (rrpd.dispatch@rrcc.edu) at 303-914-6394.

If you would like a confidential resource, please contact Deborah Houser, Assistant Director of Human Resources/Deputy Title IX Administrator, 303-914-6224 or [Deborah Houser](mailto:deborah.houser@rrcc.edu) (deborah.houser@rrcc.edu)

Further information may be found on the college [Human Resources](http://www.rrcc.edu/human-resources/sexual-misconduct) website: <http://www.rrcc.edu/human-resources/sexual-misconduct>.

Student Code of Conduct and Academic Integrity

Please refer to the Student Code of Conduct starting on page 29 of the [Student Handbook](#), as well as any other expectations you have regarding classroom conduct.

In addition refer to the procedure on academic integrity or the Red Rocks Catalog statement on academic integrity for Academic Integrity.

Drop Class

The deadline to drop or withdraw from this course is listed in course schedule.

Financial aid statement

"Those on financial aid should consult a Financial Aid adviser before dropping or withdrawing from a class."