HCT141 Nutrition Syllabus

Course Information

Credits: 3
Campus: Washburn Institute of Technology
Address: 5724 SW Huntoon
City/State/Zip: Topeka, Kansas 66604
Office Fax: 785-273-7080

Description
The student will identify, describe and discuss the various nutrients essential to promoting growth and maintenance of the human body. The clinical aspects of nutrition are explored through various therapeutic diets as well as through introductory nutritional assessment skills.

Textbooks

Student Learning Outcomes:
A. Communicate effectively
B. Integrate technology
C. Learn effectively
D. Demonstrate cooperative teamwork skills
E. Apply safety in the workplace
F. Think critically and creatively
G. Demonstrate responsible work ethics

Competencies
1. Describe the relationship of nutrition & health.
2. Plan a normal healthy diet for an adult using MyPyramid.
3. List the four basic steps in nutrition assessment.
4. List food customs of various cultural groups.
5. Identify the functions, sources and classifications of carbohydrates, proteins and fats.
6. Identify the functions and sources of vitamins, minerals, and water.
7. Identify ways in which to maintain health through good nutrition.
8. Identify nutritional needs during pregnancy and lactation
9. Identify nutritional needs of children aged 1 to 12 and of adolescents.
10. Explain the nutritional and calorie needs of people 65 and over.
11. Discuss medical nutrition therapy.
12. Describe the different types of therapeutic diets.
13. Describe the diets of clients with special needs.
Guidelines for Success

Assessment Plan
Assessment is an integral part of the educational process at Washburn Tech and accurate feedback is an important tool in continuously improving the institution’s technical programs. Students can expect to participate in assessment activities prior to entry into programs, within specific courses and following program completion for specific fields of study.

Grading Rationale and Grading Scale

Course grade reports will be given to students following each semester. Written examinations and course grades will be assigned according to the following scale:

- A 90 -100%
- B 80 - 89%
- C 70 – 79%
- D 60 - 69%
- F Below 60%

Students will demonstrate competency in this course by written exams, quizzes, projects, and written work.

Exams 60%
Assignments 30%
Final Exam 10%

A student must have a grade of “C” of better to apply to most medical programs and for the grade to transfer to other colleges.

Attendance
Attendance in this class is required. Roll will be taken daily. Excessive absences will be reported to the Dean of Students and will affect a student’s grade in the following manner - if a student misses 20% of the scheduled class meetings, their final grade will be one grade level below what they achieve in point accumulation.

Disability
The Special Support Services (SSS) Office is responsible for assisting in arranging accommodations and for identifying resources at Washburn Institute of Technology for persons with disabilities. Qualified students with disabilities MUST register and provide documentation with the office to be eligible for services. New requests for accommodations should be submitted two months or more prior to the date services should begin; however, contact the SSS Office as soon as a need may arise. Depending on the accommodation request, four to eight week lead time may be needed for timely and effective provision of services. SSS coordinates and assist in arranging services it deems appropriate of eligible students on a case-by-case basis.

If you are a student with a disability that may substantially limit your ability to participate in this class and believe you will need accommodations, it is your responsibility to contact:

Special Support Services Coordinator
Phone: 785-228-6356
E-Mail: ssscoordinator@washburn.edu