



### **Course Description**

#### **HUN1201 | Essentials of Human Nutrition | 3.00 credits**

The Essentials of Human Nutrition is a general education course designed to acquaint students with the specific role of carbohydrates, fats, proteins, vitamins, minerals, and water in daily life. Students will learn how the human body systems manage the breakdown, assimilation, and excretion of nutrients and their metabolic wastes. Students will also learn the relationships between food and optimal health including physical fitness and the relationships between nutritional imbalances and diseases.

### **Course Competencies:**

**Competency 1:** The student will gain a comprehensive understanding of the essential nutrients required for optimal health by:

1. Identifying and classifying the essential nutrients necessary for maintaining optimal health.
2. Analyzing the functions and roles of each essential nutrient in the human body.
3. Evaluating the recommended dietary intake of essential nutrients and their sources.

**Competency 2:** The student will develop insights into the intricate processes involved in nutrition and metabolism by:

1. Examining the process of digestion and absorption of nutrients in the human body.
2. Investigating the metabolic pathways involved in the breakdown and utilization of carbohydrates, fats, and proteins.
3. Analyzing the factors that influence nutrient metabolism, such as exercise and hormonal regulation.

**Competency 3:** The student will acquire knowledge on how dietary choices impact physical fitness and overall well-being by:

1. Evaluating the relationship between nutritional choices and physical fitness performance.
2. Investigating the impact of dietary patterns on chronic diseases and overall well-being.
3. Analyzing the influence of dietary choices on energy levels, cognitive function, and mood.

**Competency 4:** The student will gain awareness of the importance of maintaining a balanced and nutritious diet to prevent and manage various health conditions by:

1. Identifying the dietary factors associated with the prevention and management of specific health conditions.
2. Evaluating the role of a balanced and nutritious diet in supporting immune function and preventing chronic diseases.
3. Analyzing the impact of dietary choices on specific health conditions, such as cardiovascular disease, diabetes, and obesity.

**Competency 5:** The student will actively participate in the learning process and develop practical skills to make informed dietary choices that contribute to their overall health and well-being by:

1. Engaging in class discussions and activities to deepen understanding of nutrition concepts.
2. Applying critical thinking skills to evaluate nutritional information from various sources.
3. Developing practical skills to analyze food labels, plan balanced meals, and make informed dietary choices for optimal health.

### **Learning Outcomes:**

- Communicate effectively using listening, speaking, reading, and writing skills
- Use quantitative analytical skills to evaluate and process numerical data
- Solve problems using critical and creative thinking and scientific reasoning
- Formulate strategies to locate, evaluate, and apply information