

COURSE OUTLINE

FOOD AND NUTRITION
IN THE LIFE CYCLE
Course Title

CPH 131
Dept. & Course No.

I. COURSE DESCRIPTION:

This course introduces the basic principles and concepts of nutrition as they apply to different age and social groups, such as pregnant and lactating mothers, sport-persons and the elderly. Needs of nutrients at different life cycle stages are addressed, as are the nutritional anthropometric measures and growth monitoring parameters, to enable the detection of signs of inadequate nutrient intake, or, conversely, those of over-nutrition.

II. SEMESTER CREDITS: 3

III. CONTACT HOURS PERWEEK: Lecture: 3 Lab: 0 Total: 3

IV. PREREQUISITE: CPH 101

V. STUDENT LEARNING OUTCOMES: VI. COURSE CONTENTS:

Upon completion of this course the student will be able, with 65% level of accuracy, to:

1. Describe and illustrate the basic principles and concepts of nutrition as they apply to different age and social groups.
 2. Describe and illustrate the nutritional anthropometric measures and growth monitoring parameters.
 3. Describe and illustrate the main sign of inadequate or excessive nutrition.
 4. Describe and illustrate the importance of good oral health beginning with
- A. Basic principles of nutrition for different ages and groups.
 1. Categories of nutrients
 2. Desirable intake of each of the above
 3. Specific intake requirements in pregnancy and lactation
 4. Specific intake requirements for sport-engaged persons
 5. Specific intake requirement of the elderly
 - B. Anthropometric measures and growth monitoring parameters
 1. Weight-for-height
 2. MUAC
 3. BMI
 4. Child growth charts
 - C. Signs of inadequate or excessive intake
 1. Nutrient deficiencies
 2. Anorexia
 3. Obesity
 - D. Oral Health and Food
 1. Oral health in relation to health
 2. Bottle caries in children

childhood through adulthood

3. Oral health and NCD

VII. EQUIPMENT AND MATERIALS:

1. Projector
2. Routine classroom materials
3. 1 USB storage device (at least 1 GB)—student-furnished

VIII. TEXT:

Required Text: Wardlaw G et al. [2003] Perspectives in Nutrition 6th ed. – *McGraw Hill* ISBN 978 007 292 1632

IX. METHODS OF INSTRUCTION:

1. Lecture
2. Group work on practical classroom exercises
3. Questions and Answers (Discussion) and/or Guest Speakers

X. METHOD OF EVALUATION:

1. Description	Points
a. Class participation and assignments	25%
b. Tests/Quizzes	25%
c. Mid-term Exam	25%
d. Final Exam	<u>25%</u>
Total	100%
2. Transmutation of percent to letter grade	
a. 90-100	A
b. 80-89	B
c. 70-79	C
d. 65-69	D
e. 0-64	F

Palau Community College
CPH 131 Food and Nutrition in the Life Cycle
Course Learning Outcomes

During the course experience, the *course learning outcomes* (CLOs) will be assessed through the use of signature assignments. A rating scale will be used to determine the students' proficiency level of each CLO using specifically aligned assignments. The numerical ratings of 4, 3, 2 and 1 are not intended to represent the traditional school grading system of A, B, C, D and F. The descriptions associated with each of the numbers focus on the level of student performance for each of the course learning outcomes listed below.

Rating Scale: 4. Exceeds Expectations 2. Developing
 3. Meets Expectations 1. Below Expectations

CLO#1: Students will be able to describe and discuss the basic principles and concepts of nutrition.

4	Perform all of the following tasks accurately and completely: <ul style="list-style-type: none"> • Describe the categories of nutrients • Explain the desirable intake of each food category • Explain the food intake requirements of pregnant and lactating women • Explain the food intake requirements of sportsmen/women and the elderly
3	Perform the tasks mentioned above with mixed quality, but most are adequate and complete.
2	Perform the tasks mentioned above with mixed quality, but most are inadequate or incomplete.
1	Unable to perform the tasks mentioned above.

CLO#2: Students will be able to describe and discuss the anthropometric measures and growth monitoring parameters.

4	Perform all of the following tasks accurately and completely: <ul style="list-style-type: none"> • Describe the "weight for height" parameter • Explain the middle upper arm circumference and its measurement • Explain the meaning and computation of the BMI parameter • Describe and discuss the child growth charts
3	Perform the tasks mentioned above with mixed quality, but most are adequate and complete.
2	Perform the tasks mentioned above with mixed quality, but most are inadequate or incomplete.
1	Unable to perform the tasks mentioned above.

CLO#3: Students will be able to describe and discuss the main signs of inadequate or excessive nutrition.

4	Perform all of the following tasks accurately and completely <ul style="list-style-type: none"> • Describe and discuss the various nutrient deficiencies • Describe and discuss anorexia and its evolution • Describe and discuss obesity and its consequences • Explain the risk factors leading to obesity
3	Perform the tasks mentioned above with mixed quality, but most are adequate and complete.
2	Perform the tasks mentioned above with mixed quality, but most are inadequate or incomplete.
1	Unable to perform the tasks mentioned above.

CLO#4: Students will be able to describe and discuss the importance of oral health in overall health from childhood to adulthood.

4	Perform all of the following tasks accurately and completely <ul style="list-style-type: none">• Describe and discuss oral health in relation to overall health of a person• Describe and discuss bottle caries in children• Describe and discuss the link between oral health and NCDs specifically diabetes• Explain the risk factors leading to obesity
3	Perform the tasks mentioned above with mixed quality, but most are adequate and complete.
2	Perform the tasks mentioned above with mixed quality, but most are inadequate or incomplete.
1	Unable to perform the tasks mentioned above.