

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY  
HLT 138 –PRINCIPLES OF NUTRITION (2 CR.)**

**Course Description**

Studies nutrient components of food, including carbohydrates, fats, proteins, vitamins, minerals and water. Provides a behavioral approach to nutrient guidelines for the development and maintenance of optimum wellness. Lecture 2 hours per week.

**General Course Purpose**

Students in this course will learn about basic principles of nutrition, including the basic chemical elements of foods, supplements and food additives. They will learn how to combine foods to create healthful diets, how to evaluate human health as it relates to nutritional adequacy, and how to evaluate media and academic sources of nutrition information. The course is geared to student who will continue in health care studies as well as those who are interested in personal health enhancement.

**Course Prerequisites/Corequisites**

None

**Course Objectives**

Upon completing the course, the student will be able to:

- Identify the 6 different nutrients and distinguish between macro- and micronutrients
- Be knowledgeable of the relationships between the different nutrients and the digestive tract.
- Be knowledgeable of and present research on an essential vitamin or mineral.
- Evaluate foods based on nutrient content.
- Describe role of nutrition in personal health
- Describe role of nutrition in community health
- Identify several community health issues impacted by nutrition
- Analyze role of health care provider in promotion of nutritional health
- Describe role of exercise and other lifestyle modifications in nutrient metabolism
- Demonstrate ability to analyze various 'fad diet' programs for health and effectiveness
- Demonstrate ability to distinguish between authoritative and non-authoritative sources of nutrition information

**Major Topics to be Included**

- Nutrient types
- Nutrient metabolism
- Nutrition and health maintenance
- Methods of assessing nutritional health
- Dietary planning
- Therapeutic diets
- Media and nutrition
- Nutrition research