SPECIAL NOTE:
This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):
Please check with the LCC bookstore http://www.labette.edu/bookstore for the required texts for this class.

COURSE NUMBER: NURS 151

COURSE TITLE: THERAPEUTIC NUTRITION FOR HEALTHCARE PROVIDERS

SEMESTER CREDIT HOUR: 3

DEPARTMENT: Nursing

DIVISION: Health Science

PREREQUISITE: None

REVISION DATE: 6 October 2014

COURSE DESCRIPTION:
This course is designed as an introduction to the science of nutrition for health care providers. Therapeutic nutrition in this course will include a study of the digestive system, and an in-depth study of the nutrient groups: carbohydrates, fats, proteins, vitamins, minerals, and water. By using therapeutic nutrition students will develop a perceptive of nutrients needed for normal growth and maintenance through the lifespan and during disease processes.

COURSE OUTCOMES AND COMPETENCIES:
Students who successfully complete this course will be able to:

1. Identify the six classes of nutrients and their sources.
   • List the six major classes of nutrients.
   • Understand the six nutrient groups.
   • Identify the digestion, absorption and metabolism of major nutrient groups.

2. Demonstrate an understanding of the processes of digestion, absorption, and metabolism of nutrients.
   • Identify parts of the digestive system.
   • Identify the absorption of basic nutrients.
• Identify the metabolism of basic nutrients.

3. Employ available resources to make sound nutritional choices.
   • Identify types of nutritional guides.
   • Identify relationship between nutrition and health.
   • Identify available programs related to therapeutic nutrition.
   • Understand the food guide pyramid.

4. Explain energy balance and weight control as it relates to nutrition and wellness.
   • Identify nutrient groups found in a therapeutic diet and determine serving size.
   • Evaluate personal diet for nutrients
   • Explain the importance of exercise and its role in weight control and wellness

5. Describe nutritional needs throughout the lifespan.
   • Pregnancy and Lactation
   • Infancy
   • Childhood and Adolescence
   • Young and Middle Adulthood
   • Late Adulthood

6. Recognize global food safety, security, and sustainability issues.
   • Identify public health regulations to protect consumers
   • Prevention of food poisoning
   • Identify national programs that help improve nutrition

7. Identify medical nutrition therapy as related to:
   • Weight control
   • Diabetes Mellitus
   • Cardiovascular disease
   • Renal disease
   • Gastrointestinal problems
   • Cancer
   • Surgery, Burns, Infections & AIDS