LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

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](http://www.labette.edu/bookstore) for the required texts for
this class.

COURSE NUMBER: PED 114
COURSE TITLE: BASIC NUTRITION
SEMESTER CREDIT HOUR: 3
DEPARTMENT: Physical Education/Health Care
DIVISION: General Education
MASTER SYLLABUS AUTHOR: Ben McKenzie
INSTRUCTOR: Name: Email:
PREREQUISITE: None
REVISION DATE: 03/2015

COURSE DESCRIPTION:
Principles of normal nutrition. Food values and adequate nutrient allowances for growth and
maintenance will be discussed.

COURSE OUTCOMESAND 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.
   - Explain the functions six nutrient groups.
   - Identify sources of nutrition for various nutrients.
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.
   - Understand the USDA food resource.
   - Identify food groups and determine serving size.
   - Evaluate diet for adequate number of servings.

4. Explain energy balance and weight control as it relates to nutrition and wellness.
   - Identify nutrient groups found in diet.
   - Evaluate personal diet for adequacy.
   - Adjust diet for adequacy.
   - Identify available programs related to nutrition and wellness.

5. Describe nutritional needs throughout the lifespan.
   - Discuss nutritional needs during developmental stages.
   - Identify relationship between nutrition and the aging process.

6. Recognize global food safety, security, and sustainability issues.