

**COURSE PREFIX NO:** AHS 108  
**COURSE TITLE:** NUTRITION  
**LECTURE HRS/WK:** 3.0  
**LAB HRS/WK:** 0.0  
**CREDIT HRS/SEMESTER:** 3.0  
**CLASS HOURS:** ONLINE/CD-ROM

[Distance Learning Attendance/VA Statement](#)  
[Textbook Information](#)

## **COURSE DESCRIPTION**

This course is a study of nutrition and diet therapy as related to health care.

## **COURSE OVERVIEW**

This course is designed to assist students to learn the basic components of nutrition. Students will be able to explore an overview of nutrition terminology, basic digestion and absorption, the role of nutrients in a healthy diet, and analysis of a balanced diet through the use of CD-ROM and online technology.

## **COURSE COMPETENCIES**

Upon successful completion of this course, the student should be able to:

### **Module I: Introduction**

1. Utilize terms related to the study of basic nutrition.
2. Discuss the importance of nutrition for the maintenance of a healthy lifestyle.
3. Describe the basic processes of digestion and absorption of nutrients.

### **Module II: Food Guide Pyramids**

4. Examine dietary tools used in planning a healthy lifestyle.
5. Utilize dietary guidelines and tools in the planning for individual dietary requirements.

### **Module III: Vitamins**

6. Analyze the function of vitamins in the human diet.

### **Module IV: Minerals**

7. Analyze the functions of minerals and electrolytes in the human diet.

### **Module V: Water**

8. Analyze the functions of electrolytes and water in the human diet.

### **Module VI: Lipids**

9. Analyze the functions of lipids in the human diet.

### **Module VII: Protein**

10. Analyze the functions of proteins in the human diet.

## **Module VIII: Carbohydrates**

11. Analyze the functions of carbohydrates in the human diet.

### **MINIMAL STANDARDS**

Assessments and evaluations will be in the form of modular tests in essay format and four critical thinking/discussion questions to be answered on the Discussion Board. A minimum grade of 70 is required for the course to apply towards graduation.

### **ATTENDANCE POLICY**

Students are expected to attend class by logging onto the WebCT site at least every other day.

### **WITHDRAWAL FROM COURSE**

Students may withdraw from a course or courses after add/drop period until midterm with a grade of “W.” To withdraw from a course, students obtain a Withdrawal from Class form from their instructor or the division office. A grade of “W” is assigned if the student's last date of attendance is on or before midterm. If a student withdraws from a course where the last date of attendance is after midterm, the grade assigned may be a “W” or a “WF” (York Technical College Handbook).

### **ACADEMIC ASSISTANCE OR REQUIREMENTS**

Any student who demonstrates an area of weakness or needs additional help may contact the course instructor. If further referral is required, the student and instructor will discuss options that are available through student services.

### **ACADEMIC INTEGRITY**

Using another person's work without giving credit to the source or copying another student's work and claiming it as one's own work constitutes academic dishonesty. “Any student caught cheating or involved in any other academic dishonesty will be given a grade of zero and will be subject to further disciplinary action” (York Technical College Handbook and Catalog).

### **EVALUATION**

#### ***Evaluation Strategies***

Eight exams and four detailed discussion questions are the evaluation strategies for the course. All students are responsible for attaining course competencies by completing the readings listed in weekly study guides. In addition to the readings, students will be required to complete the following:

#### ***Exams***

**Students may drop their lowest test grade once they have completed all eight exams.** Students will be presented with critical thinking questions they should answer prior to taking each exam. They should listen to the lectures and read the assigned chapters in their texts so that they can construct thoughtful and complete answers to these questions in preparation for their exams. **Students will take their exams in the Assessment Center. Each exam will consist of four essay questions based on the critical thinking exercises, the lectures, and the assigned reading.**

***Discussion Questions***

Four discussion questions will be presented. Students are expected to carefully and thoughtfully review the directions and grading criteria for these questions stated in the Criteria for Discussion Questions. Each discussion question will be graded on a five-point scale. At the end of the semester the grade for these discussion questions will comprise **20% of the course grade.**

***Late or Missed Assignments***

**Students will not be allowed to retake any exam.** If a student misses an exam, the student will receive a grade of zero unless there is a medical or family emergency which necessitates a student missing the exam. Students should understand that the Discussion Questions require a specific completion date and time. If a student is ill or has serious personal or family issues, he/she should see the instructor as soon as possible so that other arrangements can be made for submission of these assignments.

Students are expected to attend class each week by logging onto WebCT. If a student cannot log on, he/she is expected to notify the instructor by phone or utilize the instructor’s e-mail printed on the front of the course syllabus.

**Grading Policies**

Eight Exams	80% of grade
Discussion Questions	20% of grade
Total	100%

**Grading Scale**

90-100	A
80-89	B
70-79	C
60-69	D
Below 60	F

***Disabilities Statement***

Any student who feels s/he may need an accommodation based on the impact of a disability should contact the Special Resources Offices (SR) at 803-327-8007 in the 300 area of Student Services. The SRO coordinates reasonable accommodations for students with documented disabilities.

**ENTRY LEVEL SKILLS**

N/A

**PREREQUISITE**

Students must have a Compass Reading score of 88 or higher or have taken RDG 101.

**CO-REQUISITE**

None