

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Nutrition

Course Abbreviation and Number: BIO 2760

Credit Hours: 3

Course Type: Lecture

Course Description: Students will evaluate the importance of carbohydrates, lipids, proteins, vitamins, minerals and water, energy metabolism, nutritional needs throughout the life cycle, nutrition and disease states, food safety, and consumer issues dealing with nutrition.

Prerequisite: BIO 1570 or BIO 2510.

General Education Requirements Met

SUNY

Natural Sciences

JCC

Scientific Reasoning

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Understand the scientific principles of the six classes of nutrients and their role in promoting and maintain health across the lifespan and in physical training, and how they impact certain disease conditions.
 2. Determine, compare, and contract the nutritional value of current eating habits to current recommendations and propose modifications to reduce the risk for developing chronic disease.
 3. Understand how nutrition is related to issues regarding food insecurity, food ethics, the global environment, food safety, and consumer concerns.
 4. Demonstrate an understanding of the methods scientists use to explore natural phenomena, including observation, hypotheses development, measurement and data collection, experimentation, evaluation of evidence, and employment of data analysis or mathematical modeling. [SUNY Gen Ed – Natural Sciences]
 5. Application of scientific data, concepts, and models in one of the natural sciences. [SUNY Gen Ed – Natural Sciences]
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Topics Covered:

- Introduction and review of syllabus
 - Food Choices & Human Health
 - Nutrition Tools- Standards & Guidelines
 - The Remarkable Body
 - Carbohydrates
 - Lipids
 - Proteins & Amino Acids
 - Vitamins
 - Water & Minerals
 - Energy Balance & Healthy Body Weight
 - Nutrients, Physical Activity, & the Body's Response
 - Diet & Health
 - Life Cycle Nutrition: Mother & Infant
 - Life Cycle Nutrition: Child, Teen, and Older Adult
 - Food Safety & Technology
 - Hunger & the Global Environment
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Information for Students

- Expectations of Students
 - [Civility Statement](#)
 - [Student Responsibility Statement](#)
 - [Academic Integrity Statement](#)
- [Accessibility Services](#)
Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.
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Effective Date: Fall 2023