

FN C225: NUTRITION THROUGH THE LIFECYCLE

Item	Value
Curriculum Committee Approval Date	04/10/2009
Top Code	130600 - Nutrition, Foods and Culinary Arts
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• Area 7E Self-Development (CE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E1 Lifelong Understanding (E1)

Course Description

This course is the study of special nutritional needs, physiology and health concerns throughout the principle stages of the lifecycle - pregnancy, lactation, infancy, childhood, adolescence, adulthood, older adulthood. Enrollment Limitation: AGNG C225; students who complete FN C225 may not enroll in or receive credit for AGNG C225. ADVISORY: FN C170. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Demonstrate the connections between foods and nutrients to the biological requirements of humans at different stages of the lifecycle.
2. Apply knowledge of the science of nutrition to human health across the lifespan.
3. Identify socioeconomic and cultural barriers to meeting nutrient needs, and understand how an appreciation of such barriers is essential in informing the development of nutrition programs and policies targeted to different phases of the lifecycle.
4. Explain the biological basis of energy and nutrient requirements during pregnancy and lactation, infancy, childhood, adolescence, and the older adults (65+).

Course Objectives

- 1. Identify nutritional intervention strategies for the disease in a life stage and provide nutritional guidance for that age group using nutritional remedies.
- 2. Describe appropriate nutrition guidance for individuals throughout the lifecycle
- 3. Identify the effect of nutrition on conditions that affect each stage of the human lifecycle

- 4. Identify nutritional intervention strategies for the disease in a life stage and provide nutritional guidance for that age group using nutritional remedies.

Lecture Content

Nutrition basics Nutrition, conditions, and interventions during Pregnancy and Lactation Nutrition, conditions, and interventions during Infancy Nutrition, conditions, and interventions during preadolescence and adolescence Nutrition, conditions and interventions during adulthood Nutrition, conditions and interventions for older adults

Method(s) of Instruction

- Lecture (02)
- DE Online Lecture (02X)

Instructional Techniques

The classroom delivery method includes lecture, discussion, question-and-answer sessions, small-group problem solving, and case study reviews based on real-life situations. Classroom instruction will be supplemented, where appropriate, by PowerPoint presentations, use of internet technology, guest speakers, and field trips.

Reading Assignments

Read textbook and to library research, projects, dietary analysis, study for exams and complete practice quizzes and key term puzzles.

Writing Assignments

Students will complete essays or research reports that require them to analyze, interpret, evaluate, and synthesize primary and/or secondary nutritional data and draw appropriate conclusions and to present their conclusions in a well-organized and clearly written format

Out-of-class Assignments

Activities and homework will be completed by the student. Reading and written assignments; research assignments; preparation of content to share with the class and responses to content presented; analysis of case studies and review of expert interviews; responses to guiding questions on course content; dietary self-assessments and dietary plans.

Demonstration of Critical Thinking

Analyze primary and secondary data to draw conclusions about the dietary needs of older adults. Develop plans and proposals to help older adults adapt their diet to meet the elder's circumstances and health status.

Required Writing, Problem Solving, Skills Demonstration

Analysis of case studies and/or nutritional labels; reviews of expert interviews; responses to guiding questions; presentations and responses to content presented by others.

Eligible Disciplines

Gerontology: Master's degree in gerontology OR the equivalent OR see interdisciplinary studies. Master's degree required. Nutritional science/dietetics: Master's degree in nutrition, dietetics, or dietetics and food administration OR bachelor's degree in any of the above AND master's degree in chemistry, public health, or family and consumer studies/home economics OR the equivalent. (Note: A bachelor's degree in nutrition, dietetics, or dietetics and food administration, and certification as a

registered dietician, is an alternative qualification for this discipline.)
Master's degree required. Title 5, section 53410.1

Textbooks Resources

1. Required Brown, Judith E. Nutrition Through the Life Cycle, 7th ed. Cengage, 2020

Other Resources

1. Coastline Library