

Syllabus for UWXHE209

Nutrition and Weight Management

NOTE: This syllabus document contains the basic information of this course. The most current syllabus is available in the full course.

Course Description

Through the lens of the natural sciences, this course will examine the basic principles of nutrition, digestion, and metabolism. Students will interpret and analyze the effects of these principles on one's diet, weight, and overall health. Students will reflect upon the conclusions drawn from the data, with the goal of integrating healthy behaviors into their personal lifestyle.

Prerequisite(s)

None.

Course Outcomes

Upon completing this course, you will be able to do the following:

- Analyze the relationship among nutrition, physiology, and enhancement of health.
- Analyze the effect nutrition has on chronic disease and over wellness.
- Demonstrate the ability to access reliable nutrition information, products, and services.
- Analyze weight management strategies, including fad diets, based on scientific literatures and determine the health impacts.
- Analyze and create the ability to use decision making skills to set goals, self-evaluate, and practice nutrition related behaviors that promote nutrition and wellness.
- Analyze nutritional needs across the life span.
- Examine and evaluate the contribution of beverages on nutrition.
- Analyze a food label and be able to make comparisons between food options.

Course Requirements/Components

1. Assignments (155 points)
2. Discussion Boards (35 points)
3. Midterm Exam (75 points)
4. Final Exam (100 points)

Grading

The following grading scale will be used to evaluate all course requirements and to determine your final grade:

Grade	Percentage Range
A	93% - 100%
A-	90% - 92%
B+	87% - 89%
B	83% - 86%
B-	80% - 82%
C+	77% - 79%
C	73% - 76%
C-	70% - 72%
D+	67% - 69%
D	60% - 66%
F	0 - 59%