1. Catalog Description of the Course. [Follow accepted catalog format.]

Prefix NRS  Course# 260  Title NUTRITION FOR THERAPEUTICS AND HEALTH  Units (3)
3 hours  lecture per week
☒ Prerequisites BIOL 211 and BIOL 217; admission to clinical nursing program and instructor consent
☐ Corequisites

Description
NRS 260. NUTRITION FOR THERAPEUTICS AND HEALTH (3)
Three hours of lecture per week.
Provides an overview of the physiological and nutritional basis of health and wellness as related to development,
growth, maturation and healthy lifestyles. Focuses on the scientific role of nutrition in health promotion and disease
prevention and the therapeutic role of nutrient control in disease states.
Same as BIOL 260.

BIOL 260. NUTRITION FOR THERAPEUTICS AND HEALTH (3)
Provides an overview of the physiological and nutritional basis of health and wellness as related to development,
growth, maturation and healthy lifestyles. Focuses on the scientific role of nutrition in health promotion and disease
prevention and the therapeutic role of nutrient control in disease states.
Same as NRS 260.

☐ Gen Ed  ☑ CR/NC  ☐ Repeatable for up to    units
Categories
☐ Lab Fee Required  ☑ A - Z  Total Completions Allowed 1

2. Mode of Instruction.

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<tr>
<th>Component</th>
<th>Units</th>
<th>Hours per Unit</th>
<th>Benchmark Enrollment</th>
<th>Graded Component</th>
<th>CS #</th>
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<tr>
<td>Lecture</td>
<td>3</td>
<td>1</td>
<td>40</td>
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<td>Seminar</td>
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3. Justification and Learning Objectives for the Course. (Indicate whether required or elective, and whether it meets University Writing, and/or Language requirements) [Use as much space as necessary]

This is a required course for the BS in Nursing Program.
Upon completion of this course, students will be able to:
1. describe the physiological basis of nutrition in human health and development;
2. describe the nutrition standards and guidelines;
3. explain the metabolic mechanisms of carbohydrates, lipids, proteins, vitamins and minerals;
4. explain the bioenergetic pathways;
5. explain the role of nutrition in disease prevention;
6. describe the therapeutic role of nutrient control and balance in disease states.

4. Is this a General Education Course  YES ☑  NO ☒

If Yes, indicate GE category and attach GE Criteria Form:

A (English Language, Communication, Critical Thinking)
A-1 Oral Communication ☐
A-2 English Writing ☐
A-3 Critical Thinking ☐

B (Mathematics, Sciences & Technology)
B-1 Physical Sciences ☐

5/25/2004 cp
5. Course Content in Outline Form. [Be as brief as possible, but use as much space as necessary]

I. Food Choices and Human Health
II. Nutrition Standards and Guidelines
III. Carbohydrates: Sugars, Starch, Glycogen and Fiber
IV. Lipids: Fats, Oils, Phospholipids and Sterols
V. Proteins and Amino Acids
VI. Vitamins
VII. Water and Minerals
VIII. Energy Balance and Weight Control
IX. Nutrients and Physical Activity
X. Life Cycle Nutrition: Mother and Infant
XI. Child, Teen and Older Adult

Does this course overlap a course offered in your academic program? YES □ NO □
If YES, what course(s) and provide a justification of the overlap?

Does this course overlap a course offered in another academic area? YES □ NO □
If YES, what course(s) and provide a justification of the overlap?
Signature of Academic Chair of the other academic area is required on the consultation sheet below.

6. Cross-listed Courses (Please fill out separate form for each PREFIX)
List Cross-listed Courses
NRS 260
BIOL 260
Justification: This course covers some of the fundamental knowledge of biology. The contents of this course include aspects of human physiology, cell biology, bioenergetics, developmental biology, and exercise physiology. The clinical aspects of this course are nursing specific. Nutrition standards and guidelines are required knowledge by the nurse practitioners. Understanding the role of nutrition in disease prevention and disease control is vitally important for nurse practitioners. Therefore, this is a course that is based on biological theories and knowledge. It further applies the biological knowledge and theories to clinical practice by providing nutritional guidelines to nursing students.
Signature of Academic Chair(s) of the other academic area(s) is required on the consultation sheet below.

Department responsible for staffing: Nursing or biology faculty

7. References. [Provide 3 - 5 references on which this course is based and/or support it.]

8. List Faculty Qualified to Teach This Course.

5/25/2004 cp
Nursing and Biology faculty

   a. Projected semesters to be offered: Fall ☐ Spring ☐ Summer ☐

10. New Resources Required. YES ☒ NO ☐
    If YES, list the resources needed and obtain signatures from the appropriate programs/units on the consultation sheet below.
    a. Computer (data processing), audio visual, broadcasting needs, other equipment
    b. Library needs
       Additional journals related to nutrition; application of therapeutic nutrition to nursing will be addressed with nursing journal subscriptions
    c. Facility/space needs

11. Will this new course alter any degree, credential, certificate, or minor in your program? YES ☐ NO ☒
    If, YES attach a program modification form for all programs affected.

   Barbara Thorpe/Ching-Hua Wang                             10/25/2005
   Proposer of Course                                         Date
# Approvals

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<tr>
<td>Program Chair</td>
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<td>Curriculum Committee Chair</td>
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