

# CALIFORNIA STATE UNIVERSITY CHANNEL ISLANDS

## NEW COURSE PROPOSAL

DATE DECEMBER 6, 2005  
PROGRAM AREA BIOLOGY AND NURSING

### 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.

<input type="checkbox"/> Gen Ed	Graded <input type="checkbox"/> CR/NC	<input type="checkbox"/> Repeatable for up to     units
Categories		
<input type="checkbox"/> Lab Fee Required	<input checked="" type="checkbox"/> A - Z	Total Completions Allowed 1

### 2. Mode of Instruction.

	Units	Hours per Unit	Benchmark Enrollment	Graded Component	CS # (filled in by Dean)
Lecture	3	1	40	<input checked="" type="checkbox"/>	
Seminar				<input type="checkbox"/>	
Laboratory				<input type="checkbox"/>	
Activity				<input type="checkbox"/>	

### 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

☐

B-2 Life Sciences – Biology	<input type="checkbox"/>
B-3 Mathematics – Mathematics and Applications	<input type="checkbox"/>
B-4 Computers and Information Technology	<input type="checkbox"/>
<b>C (Fine Arts, Literature, Languages &amp; Cultures)</b>	
C-1 Art	<input type="checkbox"/>
C-2 Literature Courses	<input type="checkbox"/>
C-3a Language	<input type="checkbox"/>
C-3b Multicultural	<input type="checkbox"/>
<b>D (Social Perspectives)</b>	<input type="checkbox"/>
<b>E (Human Psychological and Physiological Perspectives)</b>	<input type="checkbox"/>
<b>UD Interdisciplinary</b>	<input type="checkbox"/>

**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.]*

Grodner, Long and DeYoung. (2004). Foundations and Clinical Applications of Nutrition: A Nursing Approach. St. Louis: Mosby.

Whitney, E., and Hamilton, E. (2001). Understanding Nutrition. St. Paul: West Publishing Co.

Dudek, S.G. (2001). Nutrition Essentials for Nursing Practice. Philadelphia: Lippincott, Williams & Wilkins.

**8. List Faculty Qualified to Teach This Course.**

**9. Frequency.**

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

Proposer of Course

10/25/2005

Date

## Approvals

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Program Chair

Date

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Curriculum Committee Chair

Date

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Dean

Date