



- B-2 Life Sciences – Biology
- B-3 Mathematics – Mathematics and Applications
- B-4 Computers and Information Technology
- C (Fine Arts, Literature, Languages & Cultures)**
- C-1 Art
- C-2 Literature Courses
- C-3a Language
- C-3b Multicultural
- D (Social Perspectives)**
- E (Human Psychological and Physiological Perspectives)**
- UD Interdisciplinary**

**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.**

Nursing and Biology faculty

**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