

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: PNE 116

Credits: 1

Course Title: Normal Nutrition

Course Description (including lecture hours, lab hours, total contacts)

Introduces the basic principles of good nutrition. Studies nutrients, their sources and functions, and basic requirements for individuals. Includes a brief introduction to diet therapy. Corequisite: PNE 141. Lecture 1 hour per week.

General Course Purpose

In reviewing the student performance on end of course NLN exams, we have found a consistent weakness in this area. This course will provide the student with the basics, so they can better understand the therapeutic diets in the medical-surgical course.

Course Prerequisites/Corequisites (*Entry-level competencies **required** for enrollment*)

Corequisite – PNE 141

Course Objectives (Each item should complete the following sentence.)

Upon completing the course, the student will be able to:

1. Discuss the types of proteins, CHO, and Lipids, food sources of each and how they are digested, absorbed and utilized in the body.
2. Discuss nutritional facts and label as they appear on labels.
3. Describe the formula for calculating ideal body weight and body mass index.
4. Compare and contrast fat and water soluble vitamins.
5. Discuss the function and uses of vitamins and minerals in the body and food sources of each.
6. Describe what to look for in choosing a vitamin supplement.
7. List factors that influence basal metabolic rate.
8. Demonstrate the correct calculation of total energy requirements and body mass index.
9. Discuss the Healthy Eating Food Pyramid
10. Describe how culture influences food choices
11. List questions appropriate for cross-cultural assessment of food intake
12. Describe the influence religion food has on food habits.
13. Explain how nutritional requirements change with age.
14. Name criteria that may indicate nutritional risk among older adults
15. List strategies for enhancing food intake in long-term care facilities.
16. Compare and contrast low-carbohydrate, low-fat and calorie controlled weight loss plans.
17. Identify and describe the routine hospital diets.
18. Define enteral and parenteral nutrition.
19. Discuss how metabolism and nutrition are impacted by acute physiological stress.
20. Identify the nutrients necessary for wound healing and the role of each in recovery.
21. Discuss the nutritional management of selected medical disorders.

Major Topics to be Included

1. Principles of Nutrition
Proteins, CHO, Lipids, Vitamins and Minerals, Energy Metabolism
2. Nutrition in Health Promotion
Guidelines for Health Eating
Cultural, Ethnic, and Religious Influences on Food and Nutrition
Nutrition for Adults and Older Adults
3. Nutrition in Nursing including Clinical Practice
Feeding Patients – Food and Enteral and Parenteral Nutrition
Obesity and Eating Disorders
Intro to Nutrition for Patients with Selected Medical Disorders

Effective Date of Course Content Summary (Month, Date Year): August, 2009