J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number:  HLT 230  Credits:  3

Course Title:  Principles of Nutrition and Human Development

Course Description:  Teaches the relationship between nutrition and human development. Emphasizes nutrients, balanced diet, weight control, and the nutritional needs of an individual. Lecture 3 hours per week.

General Course Purpose:  This course will give the student an overall view of the macronutrients and micronutrients and how to achieve more responsible and healthful eating practices.

Course Prerequisites and Co-requisites:
None

Student Learning Outcomes:
Upon completing the course, the student will be able to
a. Create a personalized nutritional analysis;
b. Differentiate among the various nutrients and their contribution to health and well-being;
c. Construct and begin following a weight management program for life; and
d. Follow a self-prescribed exercise plan based on sound aerobic, strength, and flexibility principles.

Major Topics to Be Included:
a. Nutritional Needs of an Individual
b. Balanced Diet
c. Weight Management
d. Personal Health and Fitness

Date Created/Updated (Month, Day, and Year):  January 30, 2019