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 (including lecture hours, lab hours, total contacts)  

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 macro and micro nutrients and how to better achieve responsible and healthful eating practices.  

Course Prerequisites/Corequisites (Entry-level competencies required for enrollment): none  

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

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.  
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  

Effective Date of Course Content Summary (Month, Date Year): August 1, 2008