



Syllabus

NS 210 Nutrition in the Life Cycle

General Information

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Course Prefix NS

Course Number 210

Course Title Nutrition in the Life Cycle

Course Information

Catalog Description This course stresses the practical application of the various nutritional concepts from pregnancy and birth throughout the life span into old age (pregnancy, infancy, children, adolescents, adults, and elderly adults). Strategies for handling nutrition related problems, obesity issues, eating disorders, the use of nutritional supplements, sports nutrition, gender differences, physical activity, growth, food guides and standards and label reading are among the subjects investigated.

Credit Hours 3

Lecture Contact Hours 3

Lab Contact Hours 0

Other Contact Hours 0

Grading Scheme Letter

Prerequisites

NS 115

Co-requisites

None

First Year Experience/Capstone Designation

This course is designated as satisfying the outcomes applicable for status as a Capstone Course

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category

Natural Sciences (and Scientific Reasoning)

FLCC Values

Institutional Learning Outcomes Addressed by the Course

Vitality, Inquiry, Perseverance, and Interconnectedness

Course Learning Outcomes

Course Learning Outcomes

1. Analyze why an individual's nutrient needs change during each stage of the life cycle
2. Identify nutritional risk factors that may lead to chronic disease at various stages of the life cycle
3. Apply appropriate nutritional interventions for a variety of diseases/disorders that can occur throughout a person's life cycle
4. Create appropriate nutritional plans for the different phases of a person's life cycle based on current nutritional guidelines

Outline of Topics Covered

Nutrition Basics

- Functions of macronutrients
- Functions of micronutrients

Conception and Pregnancy

- Nutrition for optimizing successful conception
- Nutrition during Pregnancy
 - Vitamin usage for healthy fetal development
 - Use of nutrient dense foods for healthy fetal development
 - Consequences of poor nutrition on fetal and maternal health
- Nutrition during Lactation
 - Initial maternal nutritional choice and impact on infant development
 - Maternal nutritional requirements during breastfeeding

Lifespan Development

- Infant Nutrition
 - Introductions of foods for healthy development
 - Parent feed to self-feed transitions
- Toddler and Preschool Nutrition
 - Teaching good nutritional choices at developmentally appropriate level
 - Continued proper nutrition for appropriate neurological and physical growth
- Child and Preadolescent Nutrition
 - Learning how to foster lifelong good nutrition habits
 - Continued proper nutrition for appropriate neurological and physical growth
 - Exploring obesity's connection to nutritional choices
 - Examining eating disorders among age population
 - Examining child autonomy and nutritional needs
- Adolescent Nutrition
 - Examining eating disorders among age population
 - Continued proper nutrition for appropriate neurological and physical growth
 - Transition to autonomous food planning and preparation
 - Exploring obesity's connection to nutritional choices
 - Examining nutritional needs for specific activities e.g. sports
- Adult Nutrition
 - Exploring obesity's connection to nutritional choices
 - Nutrition for maintaining health and delaying disease
 - Exploring nutritional choices as a contribution to quality of life
 - Objectively understanding information sources on nutritional advice
- Nutrition and Older Adults
 - Exploring obesity's connection to nutritional choices
 - Nutrition for maintaining health and delaying disease
 - Exploring nutritional choices as a contribution to quality of life
 - Objectively understanding information sources on nutritional advice