

**COURSE SYLLABUS**  
**BIO 1023 - INTRODUCTORY NUTRITION**

**Course Description:** Upon completion of this course, the student will be able to discuss the composition of nutrients and accessory factors required for human nutrition, relate their roles in human health and disease, and describe the application of basic nutritional principles to the planning of normal and special dietary regimens.

**Course Competencies:**

The student will be able to:

1. Define nutrition and be able to differentiate between sound nutritional practices and those that are unhealthy or dangerous.
2. Discuss the importance of carbohydrates, lipids and proteins in nutrition by indicating their role in the body and also give sources of these nutrients.
3. Discuss the importance of minerals and vitamins in regulating body processes and describe how deficiencies or excess intake of these nutrients can alter normal body function.
4. Discuss the energy requirements of the body and relate this to weight control.
5. Explain the importance of oxygen and fluids in the body.
6. Describe basic chemical structure.

**Note:** This sample syllabus is being provided in order to give general knowledge of the subject and should not be considered the sole outline of the course. Class format, assignments, and due dates may vary by professor.