

**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