

**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