Course Prefix and Number: PNE 116  

Credits: 1

Course Title: Normal Nutrition

Course Description: Introduces the basic principles of good nutrition. Studies nutrients, their sources and functions, and basic requirements for individuals. Includes a brief introduction to diet therapy. Prerequisites: BIO 141, SDV 100, and admission to the Practical Nursing program. Prerequisites or Co-requisites: ENG 111 and BIO 142. Co-requisite: PNE 161. Lecture 1 hour per week.

General Course Purpose: In reviewing the student performance on end of course NLN exams, we have found a consistent weakness in this area. This course will provide the student with the basics, so they can better understand the therapeutic diets in the medical-surgical course.

Course Prerequisites and Co-requisites:
Prerequisites: BIO 141, SDV 100, as well as admission to the Practical Nursing program
Prerequisites or co-requisites: ENG 111, BIO 142
Co-requisites: PNE 161

Course Objectives:
Upon completing the course, the student will be able to
a. Discuss the types of proteins, CHO, and lipids, food sources of each, and how they are digested;
b. Absorbed and utilized in the body;
c. Discuss nutritional facts as they appear on labels;
d. Describe the formula for calculating ideal body weight and body mass index;
e. Compare and contrast fat and water soluble vitamins;
f. Discuss the function and uses of vitamins and minerals in the body and food sources of each;
g. Describe what to look for in choosing a vitamin supplement;
h. List factors that influence basal metabolic rate;
i. Demonstrate the correct calculation of total energy requirements and body mass index;
j. Discuss the Healthy Eating Food Pyramid;
k. Describe how culture influences food choices;
l. List questions appropriate for cross-cultural assessment of food intake;
m. Describe the influence religion has on food habits;
n. Explain how nutritional requirements change with age;
o. Name criteria that may indicate nutritional risk among older adults;
p. List strategies for enhancing food intake in long-term care facilities;
q. Compare and contrast low-carbohydrate, low-fat, and calorie-controlled weight loss plans;
r. Identify and describe the routine hospital diets;
s. Define enteral and parenteral nutrition;
t. Discuss how metabolism and nutrition are impacted by acute physiological stress;
u. Identify the nutrients necessary for wound healing and the role of each in recovery; and
v. Discuss the nutritional management of selected medical disorders.
Major Topics to Be Included:
a. Principles of nutrition
   1. Proteins
   2. CHO
   3. Lipids
   4. Vitamins and minerals
   5. Energy metabolism
b. Nutrition in health promotion
   1. Guidelines for healthy eating
   2. Cultural, ethnic, and religious influences on food and nutrition
   3. Nutrition for adults and older adults
c. Nutrition in nursing including clinical practice
   1. Feeding patients--food and enteral and parenteral nutrition
   2. Obesity and eating disorders
   3. Intro to nutrition for patients with selected medical disorders

Effective Date of Course Content Summary: Fall 2014