

**J. Sargeant Reynolds Community College**  
**Course Content Summary**

**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