0LSC Use Only No: LSC Action-I			nate Action Date:
	09-46c. A	P 2/18/10	ADD-4/20/10
Curriculum Proposal Cover Sheet - University-Wide Undergraduate Curriculum Committee			
Contact Person		Email Address	
Diane Wagoner		dwagoner@iup.edu	
Proposing Department/Unit Department of Food and Nutrition		Phone 7-4440	
Check all appropriate lines and complete information as requested. Use a separate cover sheet for each course			
proposal and for each program proposal.			
1. Cours e Proposals (check all that apply) New CourseCourse Prefix ChangeCourse Deletion XCourse RevisionCourse Number and/or Title ChangeXCatalog Description Change  Course Amnesty Proposal			
Current Course prefix, number and full title			
FDNT 213 Life Cycle Nutrition	<u>Proposed</u> course pref	ix, number and full title, if	changing
2. Additional Course De signations: check if appropriate  This course is also proposed as a Liberal Studies Course.  This course is also proposed as an Honors College Course.  Pan-African)			
Catalog Description ChangeProgram Revision  3. Program Proposals			
New Degree Program	Program Title Change	Other	
New Minor Program	New Track		
Current program name  Proposed program name, if changing			
4. Approvals	<u>Proposed</u> program no	ame, if changing	Date
4. Approvais	0000		Date
Department Curriculum Committee Chair(s)	Kila Myshrsin		12/12/09
Department Chair(s)	Susais Dahe hour	(il)	12/15/09
College Curriculum Committee Chair	Seption Miller		12-16-09
College Dean	Carley O Zone		12.14.09
Director of Liberal Studies *	growing gord		10-11-07
Director of Honors College *			
Provost *			
Additional signatures as appropriate:			
(include title)			
UWUCC Co-Chairs.	Gail Sechrist		2-18-10
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\* where applicable

JAN 0 4 2010

## **SYLLABUS OF RECORD**

## I. Catalog Description

FDNT 213 Life Cycle Nutrition

Prerequisites: Grade of C or higher in FDNT 212

3 class hours
0 lab hours
3 credits
(3c-0l-3cr)

A detailed study of nutrition during all stages of the life cycle; current issues and research as they impact on these development stages.

## II. Course Outcomes

Students will be able to:

Relate the concepts learned in FDNT 212 Nutrition to the principles of growth and development and apply them to pregnancy, infancy, childhood, pubescence/adolescence, middle and late adulthood.

Analyze nutrient needs and deficiencies during pregnancy, lactation, infancy, childhood, and pubescence/adolescence, and adulthood.

Investigate and evaluate selected life cycle nutrition issues and research.

## III. Basic Course Outline

- A. Review of Nutrition Basics: Preconception Nutrition (2 hours)
- B. Nutrition during pregnancy (4 hours)
  - 1. Physiology of pregnancy
  - 2. Fetal growth and development
  - 2. Nutritional needs during pregnancy
  - 3. Effects of malnutrition during pregnancy
- C. Nutrition during lactation (4 hours)
  - 1. Lactation physiology
  - 2. Human Milk Composition
  - 3. Breastfeeding vs. bottle-feeding
  - 4. The breastfeeding infant
  - 5. Nutrition needs during lactation
- D. Nutrition during infancy (4 hours)
  - 1. Assessing infant growth and development
  - 2. Energy and nutrient needs
  - 3. Feeding in early infancy
  - 4. Common nutritional problems and concerns

- E. Nutrition in the toddler/preschool child (6 hours)
  - 1. Normal growth and development
  - 2. Energy and nutrient needs
  - 3. Common nutrition problems
  - 4. Prevention of nutrition related disorders
  - 5. Dietary and physical activity recommendations
- F. Child and preadolescent nutrition (5 hours)
  - 1. Normal growth and development
  - 2. Energy and nutrient needs
  - 3. Common nutrition problems
  - 4. Prevention of nutrition related disorders
  - 5. Dietary and physical activity recommendations
- G. Adolescent Nutrition (4 hours)
  - 1. Normal growth and development
  - 2. Health and eating-related behaviors
  - 3. Energy and nutrient needs
  - 4. Promoting healthy eating and physical activity
- H. Adult Nutrition (4 hours)
  - 1. Health promotion and maintenance
  - 2. Dietary and nutrient recommendations
  - 3. Physical activity recommendations
  - 4. Disease prevention
- I. Nutrition and older adults (4 hours)
  - 1. Physiological Changes
  - 2. Nutritional risk factors
  - 3. Dietary and nutrient recommendations
  - 4. Physical activity recommendations
  - 5. Nutrition education

Four one hour exams (4 hours)

Final exam (2 hours)