Nutrition ACE

8 Modules + 1 Final Exam Module / Credit-by-Course / 3 Credits

Course Description:

This nutrition course provides a comprehensive overview of the foundational concepts of nutrition and dietary principles. The course is an introduction to nutrition for any intended degree, although it may be helpful for students who are pursuing careers or further education in public health, nursing, and other allied health fields. Emphasis is placed on the basics of nutrition as it is related to health; energy nutrients and energy balance; vitamins, minerals, and water; other topics related to nutrition, such as fitness and sports, eating disorders, the food supply, and global nutrition; and a focus on nutrition through the life stages.

Course Objectives:

After completing this course, you will be able to:

- Identify and apply the network of relationships connecting humans, food, and health.
- Recall and interpret the roles of carbohydrates, lipids, and proteins, and how they relate to maintenance of health.
- Recognize concepts and consequences of energy balance.
- Demonstrate an understanding of micronutrients and phytochemicals, and how they relate to maintenance of health.
- Apply nutritional concepts to fluid and electrolyte balance, body defenses, bone health, energy metabolism, and blood and brain health.
- Interpret nutrition within the contexts of fitness, sports, and eating disorders.
- Recognize applications and limitations of protecting our food supply and identify concepts of global nutrition.
- Apply nutritional concepts to different life stages, including pregnancy, infancy, adolescence, and adulthood.

E-Book:

Title:Wardlaw's Contemporary Nutrition: A Functional Approach, Edition: 7, Author:Anne Smith

Open Educational Resources (OER's)

If you are struggling with a term or concept, you can utilize the links below to search for the concept or term to find additional resources and explanations.

[Link Removed]

HHS.gov Nutrition Resources

Open Textbook Library - Human Nutrition

CDC - Nutrition Resources

FDA - Nutrition Facts Label

Closed Captioning

Lecture videos and extra resource videos have automatic closed captioning. These captions are generated by computer algorithms. To utilize closed captioning, you can click on the CC button at the bottom of a video.

Accommodating Disabilities

Gateway Education is committed to the belief that every individual should have an equal opportunity in education. Gateway Education seeks to assure access by providing accommodations to individuals with a disability as defined under the Americans with Disabilities Act of 1990 (ADA) and the ADA Amendments Act of 2008 (ADAAA). Accommodation includes, but is not limited to: aids or modification to courses, materials, or testing; and other services that allow better access by individuals with disabilities.

Individuals requesting accommodation should submit a request in writing or in an alternative format appropriate for their limitations. The request should include documentation of the disability, including information with recommendations of appropriate accommodation. Once eligibility has been established, accommodations must be requested on a course-by-course basis.

Requests can sent to the student services department atsupport@gatewayeducation.com