



HLTH-205 – Nutrition

University Arts and Science

Effective Term & Year: Winter 2025
Course Outline Review Date: 2029-09-01

Program Area: Arts, Humanities, and Social Sciences

Description:

This course investigates factors involved in food choices and healthy living, the function of nutrients, distribution of nutrients in the diet, metabolism, and dietary requirements. Students gain theoretical knowledge and practical skills that allow them to make evidence-based decisions about healthy food choices and dietary habits. Nutrition for active lifestyles and exercise, weight management, disease prevention, considerations along the lifespan, and current trends and issues are covered.

Program Information:

This is a required course in the Kinesiology Program and may be used as an elective for students in other disciplines.

Delivery Methods: Online

Credit Type: College of the Rockies Credits

Credits: 3

Course type/s: Social Sciences

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	45

Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	
Other	
Total	45

Course Requisites:

- Completed at least 1 of the following:
 - **BIOL090** – Biology-Provincial Level (Human Biology) (3)
 - **BIOL101** – Introduction to Biology 1 (3)
 - **KNES190** – Basic Human Anatomy (3)
 - **KNES200** – Functional Anatomy & Physiology 1 (3)
 - **ATPH 12** – Anatomy and Physiology 12
 - **LFSC 11** – Life Sciences 11

Flexible Assessment: Yes

Students are able to request formal recognition of their prior learning or experience outside the classroom. Challenge examination, portfolio-assisted assessment, or work-based assessment are used to identify, assess, and recognize prior skills, competencies, and knowledge to achieve course credit. Tuition fees apply, refer to Policy [2.5.5 Prior Learning Assessment and Recognition \(PLAR\)](#) or contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Sizer, F., Whitney, E., & Piche, L. (2020). *Nutrition: Concepts and Controversies, 5th Canadian*

Ed. Nelson publishing. ISBN: 9781774747131

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

Learning Outcomes:

Upon the successful completion of this course, students will be able to

- describe the characteristics, functions and metabolism of major nutrients;
 - recognize & explain the factors involved in food choices and dietary habits;
 - discuss and appreciate Indigenous dietary perspectives;
 - evaluate claims about nutrition or food products for scientific soundness;
 - describe the relationship between diet, health and disease;
 - recognize and apply the considerations of diet necessary for an active lifestyle; and discuss & explore current issues in nutrition from a critical standpoint.
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Course Topics:

- Guidelines for a Healthy Diet
- Indigenous Dietary Perspectives
- Digestion, Absorption, and Metabolism
- Macronutrients
 - Carbohydrates: Sugar, Starch, and Fibre
 - Lipids: Oils, Fats, Phospholipids and Sterols
 - Proteins and Amino Acids
- Micronutrients
 - Vitamins
 - Minerals
 - Water
- Energy Balance, Body Composition, and Weight Management Issues
- Nutrition, Fitness, and Physical Activity
- Nutrition for Diverse Populations
 - Pregnancy and Infancy
 - Across the Lifespan
 - Disease Prevention and Wellness
- Contemporary Issues in Nutrition
 - Safety of our Food Supply, Genetically Modified Foods, Organic Food

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: Online

Assessment Type	% of Total Grade
Assignments	60%
Midterm Examination	20%
Final Exam	20%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	<50

Pass requirements: None

Evaluation Notes: A grade of “D” grants credit, but may not be sufficient as a prerequisite for sequential courses.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.1.4 Course Audit
- Policy 2.4.1 Credential Framework
- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Rights, Responsibilities and Conduct
- Policy 2.4.8 Academic Performance
- Policy 2.4.9 Student Feedback and Concerns
- Policy 2.4.11 Storage of Academic Works
- Policy 2.5.3 Student Appeal
- Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR)

Equivalent Course(s) and Course Code Changes

Equivalent Course: Students who have received COTR credit for HLTH 205 may not receive additional credit for KNES 205.

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.