

VNRS 153: INTRODUCTORY NUTRITION FOR THE VOCATIONAL NURSE

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2024
Credits:	1
Total Contact Hours:	18
Lecture Hours :	18
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	36
Total Student Learning Hours:	54
Prerequisite:	NRS 100 and current admission to the Vocational Nursing program.
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Standard Letter

Catalog Course Description

This course introduces the fundamentals of nutrition to the nursing student by discussing the relationship of food and health and the body's utilization of the six essential nutrients. Content also includes the five basic food groups, the food guide pyramid, and how to define and achieve a well-balanced diet. This course establishes the foundation needed for further study of nutrition in VNRS 163. 18 lecture hours.

Course Objectives

- demonstrate critical analysis of the relationship of food and health, and of the new paradigm of health in America in order to understand the role of nutrition in health and to apply these principles to nursing clients.
- analyze, compare, and differentiate the six essential nutrients required in the human diet and describe the body's utilization of these nutrients in order to understand the role of these nutrients in supporting human life.
- describe the functions of nutrients and identify their sources in order to apply this knowledge in the care of nursing clients.
- describe and differentiate normal and abnormal nutritional status and the associated characteristics and identify the factors that contribute to these states in order to apply this knowledge in the care of nursing clients.
- define good nutrition and describe how to use the five basic food groups and the food guide pyramid to achieve good nutrition in order to apply this knowledge in the care of nursing clients.
- identify the components of the gastrointestinal system and analyze and describe how these organs and accessory structures work together to accomplish human nutrition through the processes of digestion and absorption in order to apply this knowledge in the care of nursing clients.
- perform accurate calculations of dietary intake in order to identify current nutritional status or determine client nutritional needs.

- analyze and describe the role of nursing in assisting clients to understand their individual responsibilities in achieving and maintaining good nutrition and in teaching nursing clients how to apply the principles of nutrition in order to contribute to a healthier population.

Major Course Content

1. Definitions
 - a. nutrition
 - b. health
 - c. paradigm of health in America
2. Relationship of food and health
 - a. food plays important part in maintaining good health and recovering from illness.
 - b. health promotion begins with well balanced diet
3. The six essential nutrients
 - a. carbohydrates
 - b. fats
 - c. protein
 - d. vitamins
 - e. minerals
 - f. water
4. Functions of nutrients
 - a. provide energy
 - b. build and repair tissues
 - c. regulate metabolism
5. Sources of nutrients
 - a. animal foods
 - b. plant foods
6. Nutritional status
 - a. Optimal nutrition vs Malnutrition
 - b. health outcomes of malnutrition and overnutrition
7. Achieving good nutrition
 - a. utilization of basic food groups
 - b. government recommendations
8. Physiological aspects of nutrition
 - a. components of GI tract and accessory organs
 - b. digestion
 - c. absorption

Suggested Reading Other Than Required Textbook

Reading online references or research resources are suggested to increase learned knowledge and to promote critical thinking skills in applying to discussion topics.

Examples of Outside Assignments

Weekly assignments are provided to review, retain learned knowledge on assigned weekly topic. This assignments assist to prepare for weekly quizzes.

Instruction Type(s)

Lecture