## Course Name:
HLTH 331/3.0
Advanced Human Nutrition

## Course Instructor:
Tracy McDonough

## Contact Hours:
Lectures: 1 x 3 hrs / 12 weeks

## Prerequisite:
HLTH 230/3.0 or NURS 100/3.0

## Exclusion:
None

## Course Description:
Advanced human nutrition takes a life cycle approach to understanding nutrition as a crucial factor impacting health and well-being. Through lectures and selected readings, this course allows a diverse range of learners to explore various influences on human nutrition through the life cycle. Learners will practice locating, interpreting, and synthesizing scientific literature related to nutrition.

## Course Texts:

Additional required readings are listed in the weekly outline and can be accessed online for free. A subscription to Top Hat and registration with Turnitin are required.

Course notes will be posted on onQ.

## Course Objectives:
- Describe special nutritional needs of pregnant women, infants, children, adolescents, adults, and older adults.
- Describe various factors that impact nutritional status throughout the life cycle.
- Explain the impact of nutrition on health outcomes.
- Locate, interpret, and critique scientific literature related to nutritional needs during the life cycle.

## Course Evaluation:
- In-class questions: 5%
- Assignment 1: 10%
- Assignment 2: 10%
- Assignment 3: Research paper: 25%
- Midterm: 25%
- Final Exam: 25%

## Course Outline
<table>
<thead>
<tr>
<th>Nutrition research and guidelines</th>
<th>Chronic disease: Part 1</th>
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<tbody>
<tr>
<td>Preconception and pregnancy</td>
<td>Chronic disease: Part 2</td>
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<tr>
<td>Lactation and infancy</td>
<td>Acute illnesses</td>
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<td>Childhood</td>
<td>Older adults</td>
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<td>Adolescence</td>
<td>Sports nutrition</td>
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<td>Weight and energy balance</td>
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