GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 11/29/2022

Approved by GCCCD Governing Board: 12/13/2022

NUTRITION 200 – FOODS AND NUTRITION: OVERVIEW AND OPPORTUNITIES

 1. Course Number Course Title Semester Units

 NUTR 200 Foods and Nutrition: Overview and Opportunities 1

 Semester Hours

 1 hour lecture (16-18 hours); 32-36 outside-of-class hours; 48-54 total hours

 2. Course Prerequisites

  None

 Corequisite

  None

 Recommended Preparation

  None

 3. Catalog Description

This course will provide students with an overview of career opportunities in the foods, nutrition, and dietetics. Students will be guided through the professional and academic pathways that will prepare them to join the field as registered dietitian nutritionists (RDNs), nutrition and dietetic technicians, registered (NDTRs), certified dietary manager (CDM), as well as other opportunities in the field.  Students will also learn about trends in the nutrition and dietetics field, ethics for nutrition professionals, and issues related professional practice.

 4. Course Objectives

  The students will:

1. Describe the profession of nutrition and dietetics, and identify relevant professional organizations, such as the Academy of Nutrition and Dietetics.
2. Evaluate academic pathways, processes, and routes to becoming a registered dietitian nutritionist (RDN) or dietetic technician, registered (NDTR).
3. Compare and contrast career opportunities for RDNs and NDTRs to other potential careers in nutrition and dietetics, such as a certified dietary manager (CDM).
4. Identify supervised practice requirements and opportunities for RDNs and NDTRs.
5. Examine opportunities for research in foods, nutrition, and dietetics.
6. Discuss emerging trends in the nutrition and dietetics profession.
7. Examine issues of ethics in professional practice in the nutrition and dietetics profession.

 5. Instructional Facilities

  Standard classroom

6. Special Materials Required of Student

  Electronic storage media

7. Course Content

1. History of the nutrition and dietetics profession, including credentialing opportunities and professional organizations in nutrition and dietetics, including the Academy of Nutrition and Dietetics.
2. Educational programs and pathways in foods, nutrition, and dietetics.
3. Scope of practice and ethics in the nutrition and dietetics profession.
4. The role of research in the nutrition and dietetics profession.
5. Career opportunities in clinical nutrition, public health nutrition, community nutrition, foods and nutrition management, consultation, and business.
6. Dietetic internships and supervised practice requirements for foods, nutrition and dietetics careers.
7. Trends and emerging issues in foods and nutrition, and dietetics practice (i.e. nutrigenomics, nutritional microbiome, food sustainability).

 8. Method of Instruction

1. Lecture
2. Group discussions. For example, students will engage in online or in-class discussions on graduate programs and supervised practice programs, identifying programs of interest
3. Multimedia presentations
4. Group presentations

 9. Methods of Evaluating Student Performance

1. Periodic quizzes and examinations (including a final examination) with both objective and essay questions.  For example, a quiz on the Academy of Nutrition and Dietetics Code of Ethics.
2. Written assignments on topics related to academic and professional pathways in nutrition and dietetic, for example, student will identify a job posting in nutrition and dietetics requiring a credential, and compose a cover letter for the job.

10. Outside Class Assignments

1. Reading of text and current periodicals.
2. Research project utilizing the Academic of Nutrition and Dietetics Evidence Analysis Library.
3. An “emerging topics” project where students research and give a presentation on a trend in the field of nutrition and dietetics that could impact future practice.
4. Field work assignment.  For example, students will attend a nutrition and dietetics professional organization meeting or event and complete a written reflection on the experience.

11. Representative Texts

 a. Representative Text(s):

 1) Canter, Deborah D., and Rebecca DeYoung-Daniels. *The Profession of Dietetics*. 7th ed., Burlington, MA: Jones and Bartlett Learning, 2020.

 b. Supplementary texts and workbooks:

 None

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

1. Identify the potential academic and career pathways to becoming a registered dietitian nutritionist (RDN) or dietetic technician, registered (NDTR).
2. Examine ethical issues facing nutrition and dietetics professionals.
3. Describe emerging trends shaping careers in foods and nutrition, and the dietetics profession.