



Governing Iowa's Public Universities

In accordance with [Board of Regents policy 3.20](#), the following required information is available below:

Semester: Fall, 2026

I. Course title and number as designated in the institutional course catalog

PH1410 Basic Nutrition, SPOC

II. A course description including learning objectives that students are expected to achieve by the end of the course

A. Course Description:

This course introduces the basic concepts of nutrition. The content includes the functions of the major nutrients and food sources of each, the principles of healthy eating, dietary intake evaluation, energy balance, weight control, nutrition and fitness, food safety, and how food choices can enhance health, performance, and reduce the risk of chronic disease throughout the lifecycle.

B. Course Level Learning Objectives:

- Describe carbohydrates, lipids, protein, water, minerals, vitamins, phytochemicals, Calories, alcohol, and fiber, and their respective functions in the body.
- Discuss factors that influence food choices.
- Evaluate the reliability of nutrition information sources.
- Identify the purpose and uses of the Dietary Reference Intakes (DRI).
- Describe the components of the Nutrition Facts label and how they can be used to choose more nutritious foods.
- Apply knowledge of current dietary guidelines and research to recommend changes for more nutritious eating habits.
- Identify the major anatomic structures of the gastrointestinal (GI) system and explain the processes of digestion, absorption, and transport.
- Discuss the concepts of energy balance and weight control.
- Identify and discuss nutritional factors that influence physical performance.

B. Course Level Learning Objectives Continued:

- Identify dietary habits that contribute to increased and decreased risk of chronic diseases.
- Identify factors that make food unsafe and basic strategies to prevent food-borne illness.
- Identify age-specific infant, child and adolescent nutrient needs, and discuss nutrition-related issues they face.
- Summarize the nutrient needs of older adults and discuss nutrition-related health concerns they face.

III. A general outline of the topics to be covered throughout the course:

- Food Choices and Human Health
- Nutrition Tools (dietary reference intakes, dietary patterns, food labels)
- The Remarkable Body (nutrient digestion, absorption and transport)
- Carbohydrates
- Lipids
- Protein
- Vitamins
- Minerals and Water
- Energy Balance and Healthy Body Weight
- Performance Nutrition (basic discussion only)
- Nutrition and Chronic Diseases
- Food and Water Safety and Food Technology
- Lifecycle Nutrition

IV. List of required textbooks, readings, and other materials necessary for the course

Nutrition: Concepts and Controversies

Sizer, F. S., and Whitney, E. N.
16th ed., Cengage Learning, 2020
Print ISBN: 978-0-357-72761-4

Other required content:

This course will utilize web sites and videos posted on YouTube and/or Panopto. Links to these pages and videos will be provided in each module.

V. General description of the types of assessments used in the course

- **Homework Assignments:**
Each module includes a written homework assignment designed to reinforce content mastery and practical application of module concepts. A variety of learning and assessment approaches are incorporated into the assignments, including activities such as menu development and evaluation of personal eating habits.
- **Quizzes:**
Each module includes a graded online quiz assessing understanding and application of module content.
- **Discussion Posting(s):**
Graded discussion postings may be used to support student engagement and application of course concepts.