

CLO Mapping

Powell

Noy

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Course Learning Outcomes	Think	Engage	Create	Communicate	Apply	Assessment
1. Define and classify the six classes of nutrients.	x				x	SQ, Exams SQ, Exams SQ, Exams
2. Identify where the six classes of nutrients are found in foods.	x				x	SQ, Exams, Online Activities, Forum Discussions SQ, Exams SQ, Exams
3. Explain how the six classes of nutrients are digested, absorbed, metabolized, and utilized.	x				x	SQ, Exams, Online Activities in-class activities, charts, SQ, exams SQ, Exams
4. Distinguish between adequate nutrient intake, deficiencies, and toxicities and how these levels impact	x	x		x	x	SQ, Exams, Forum Discussions SQ, exams SQ, Exams

body systems and health outcomes.						
5. Acknowledge the importance of a moderate approach when it comes to nutrition and weight management, recognizing all foods can fit into a healthful diet.	x	x	x	x	x	SQ, Exams, Forum Discussions -Weight of the Nation discussion and solutions -SQ, Exams SQ, exams, WOTN activities, in-class activities
6. Recognize that nutrition and its effect on our physical body is only one dimension of health and others are equally important, including exercise, sleep, finding purpose, freedom from excessive stress and community relationships.	x	x	x	x	x	SQ, Exams, Forum Discussions SQ, exams, in-class discussions, case studies SQ, Exams
7. Apply scientific reasoning to evaluate the evidence	x			x	x	SQ, Exams Case study SQ, exams, in-class activities, online practice quiz, extra credit assignment

base and validity of nutrition information in the media.						
8. Record and evaluate personal dietary intake using the Recommended Dietary Allowances, Dietary Guidelines, and various food guides and identify behavior change strategies for improvement if necessary.	x		x	x	x	Diet Analysis Project, Forum Discussions, Study Questions Meal Plan activity Diet analysis project and critical thinking paper
9. Critically evaluate and compare nutrition labels and determine the nutrient density of each food.	x			x	x	SQ, Exams, Online Activities, Forum Discussions Label Reading activities SQ, exams, label reading in-class activities
10. Summarize factors that facilitate or constrain lifestyle choices that impact health outcomes.	x	x	x	x	x	SQ, Exams, Forum Discussions -Building Healthy Lifestyle activity SQ, exams, in-class discussions
11. Identify guidelines and recommendations for choosing nutrition	x				x	SQ, Exams, Forum Discussions -Case study-discuss recommendations and solutions SQ, exams, in-class activities

supplements and appropriate use.						
12. Describe how diet, prior training, duration and intensity of activity impact fuel use before, during, and after exercise.	x		x	x	x	<p>SQ, Exams</p> <p>SQ, exams, in-class activities, case studies</p> <p>SQ, Exams</p>