



Course Competency Report by Code

Code: ASV1

Nutrition (ASV1)

Course of Study: ASV1 - Nutrition
Course Level: Undergraduate
Course Division: Upper Division Major
Discipline: Nursing
Course Type:
Department: Health Professions

COMPETENCY #	COMPETENCY NAME	COMPETENCY TEXT
211.1.1	Fundamentals of Nutrition	The graduate recognizes healthy eating patterns as defined by the Dietary Guidelines for Americans and the My Pyramid Food guide; explains the importance of sound nutrition in promoting and maintaining good health; and recognizes cultural sensitivities pertaining to variation in diet.
211.1.2	Digestion and Metabolism	The graduate identifies barriers to digestion specific to different ethnic groups; describes the process of catabolic and anabolic metabolism as it pertains to energy-yielding nutrients; nutrient absorption; and recognizes factors that affect overall rate of metabolism.
211.1.3	Macronutrients	The graduate recognizes energy-yielding macronutrients and their role in body functions; assesses the daily need, energy value, and healthy distribution for macronutrients in the diet and the sources of each; and recognizes health hazards in overconsumption of macronutrients.
211.1.4	Micronutrients	The graduate identifies micronutrients essential to human health and recognizes manifestations of deficiency and/or toxicity; selects assessment tools for evaluating micronutrient content; and evaluates need for dietary supplements.
211.1.5	Nutrition Assessment	The graduate applies principles of basic nutrition to nutrition assessment of patients; describes the appropriate use of anthropometric tools to assess nutritional status; explains factors that influence individual dietary habits; discusses the importance of nutritional education; and recognizes cultural sensitivities that may influence nutritional assessment.