



Course Competency Report by Code

Code: C274

Nutrition for Contemporary Society (C274)

Course of Study: C274 - Nutrition for Contemporary Society
Course Level: Undergraduate
Course Division: Lower Division Major
Discipline: Nursing
Course Type:
Department: Health Professions

COMPETENCY #	COMPETENCY NAME	COMPETENCY TEXT
746.1.13	Nutrition to Support Wellness	The graduate discusses components of a healthy diet plan, guided by national guidelines and sound nutritional principles.
746.1.14	Healthy Nutrition Choices	The graduate recognizes the role of health diet choices in relation to body weight, genetic control, healing and body weight imbalances.
746.1.15	Nutrition and Physical Activity	The graduate analyzes the balance of nutrition and physical activity in the human body and its relationship to overall physiological functioning and body systems.
746.1.16	Nutrition through the Lifecycle	The graduate analyzes the role of nutrition in an average human life cycle from conception and pregnancy to older adulthood.
746.1.17	Safety and Security of Food	The graduate analyzes the role of food safety in nutrition and the factors contributing to world hunger.
746.1.18	Nutrition and Global Health Environments	The graduate discusses the various myths and truths about nutrition today, including dietary supplements and nutritional fads.