



Nutrition (NUTR) 330

Introductory Nutrition (Revision 11)

Status:

Replaced with new revision, see the [course listing](#) for the current revision

Delivery mode:

Individualized study online with eText

Credits:

3

Area of study:

Science

Prerequisites:

Senior high school chemistry and biology courses are recommended.

Precluded:

NUTR 331. (NUTR 330 may not be taken for credit if credit has already been obtained for NUTR 331.)

Challenge:

NUTR 330 has a challenge for credit option.

Faculty:

[Faculty of Science and Technology](#)

Overview

Nutrition 330: Introductory Nutrition is a survey course that provides the scientific fundamentals of the current understanding of nutrition. The course discusses the characteristics of the major nutrients—carbohydrates, fats, proteins, vitamins, and minerals—and describes their dietary roles. Also addressed are the topics of energy balance and the evaluation of nutritional status. Students will use various resources, including a web-based software, to evaluate their own diets.

As a senior-level science course, NUTR 330 may not be suitable for the general-interest student. It is intended primarily for students who plan to also take NUTR 405. General-interest students are advised to take NUTR 331.

Outline


- Unit 1: An Overview of Nutrition
- Unit 2: Dietary Reference Intakes and Diet-Planning Guides
- Unit 3: Digestion, Absorption, and Transport
- Unit 4: Carbohydrates: Sugar, Starch, and Fibre
- Unit 5: Lipids: Fats, Oils, Phospholipids, and Sterols
- Unit 6: Protein: Amino Acids
- Unit 7: Metabolism of Nutrients and Energy Balance
- Unit 8: The B Vitamins
- Unit 9: The Antioxidant Vitamins
- Unit 10: Water and the Major Electrolytes
- Unit 11: Nutrients for Bone Health
- Unit 12: Trace Minerals and Nutrients for Blood Health


Evaluation

To **receive credit** [↗](#) for NUTR 330, you must submit the assignment and obtain a mark of at least 60%, obtain a grade of at least 55% on the final


examination, and obtain a course composite grade of at least **C– (60%)** .

Activity	Weight
Assignment	25%
Midterm Exam	30%
Final Exam	45%
Total	100%



The **midterm and final examinations** for this course must be requested in advance and written under the supervision of an AU-approved exam invigilator. Invigilators include either ProctorU or an approved in-person invigilation centre that can accommodate online exams. Students are responsible for payment of any invigilation fees. Information on exam request deadlines, invigilators, and other exam-related questions, can be found at the **Exams and grades**  section of the Calendar.

To learn more about assignments and examinations, please refer to Athabasca University's **online Calendar** .

Materials

Whitney, E., Rolfes, S., Hammond, G., & Piché, L. (2016). *Understanding Nutrition* (2nd Canadian ed.). Nelson Education.  (eText)

eText

Registration in this course includes an electronic textbook. For more information on **electronic textbooks** , please refer to our **eText Initiative site** .

Other Resources

All other learning resources will be available online.

Challenge for credit

Overview

The challenge for credit process allows you to demonstrate that you have acquired a command of the general subject matter, knowledge, intellectual and/or other skills that would normally be found in a university-level course.

Full information about [challenge for credit](#) can be found in the Undergraduate Calendar.

Evaluation

To [receive credit](#) for the NUTR 330 challenge registration, you must achieve a minimum grade of **C- (60 percent)** on the challenge examination.

 [Challenge for credit course registration form](#)

Important links

- › [Academic advising](#)
- › [Program planning](#)
- › [Request assistance](#)
- › [Support services](#)

Athabasca University reserves the right to amend course outlines occasionally and without notice. Courses offered by other delivery methods may vary from their individualized study counterparts.

Opened in Revision 11, October 15, 2020

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View [previous revision](#)
