



Nutrition (NUTR) 331

Nutrition for Health (Revision 12)

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 but not required.

Precluded:

NUTR 330 or NUTR 405 (NUTR 331 may not be taken for credit if credit has already been obtained for NUTR 330 or NUTR 405.)
Students who take NUTR 331 may NOT continue to NUTR 405.

Challenge:

NUTR 331 has a challenge for credit option.

Faculty:

[Faculty of Science and Technology](#)

Overview

Nutrition 331: Nutrition for Health surveys the basic principles of human nutrition and the relationships between nutrition and chronic diseases. There is now a large body of evidence demonstrating that diet has a major impact on health. In this course, you will examine all aspects of this subject.

For a student who plans to take only one nutrition course at Athabasca University, NUTR 331 is the best choice. It is also the best nutrition course for students with limited science background. Students wanting to study nutrition in more detail should take NUTR 330 followed by NUTR 405.

Outline

- Unit 1: Overview of Nutrition and Assessment of Nutritional Status
- Unit 2: General Principles of Research in Nutrition
- Unit 3: Dietary Reference Intakes and Diet-Planning Guides
- Unit 4: Body Systems and Digestion
- Unit 5: The Carbohydrates: Sugar, Starch, and Fibre
- Unit 6: The Lipids: Fats, Oils, Phospholipids, and Sterols
- Unit 7: Protein and Amino Acids
- Unit 8: Metabolism of Nutrients and Energy Balance
- Unit 9: The Vitamins
- Unit 10: Water and the Minerals
- Unit 11: Introduction to Chronic Diseases of Lifestyle, Obesity, and Diabetes
- Unit 12: Cardiovascular Diseases
- Unit 13: Diet and Cancer
- Unit 14: Vegetarian Diets, Alcohol, and Caffeine
- Unit 15: What Is the Healthiest Diet?

Evaluation

To **receive credit** [↗](#) for NUTR 331, you must submit both assignments and obtain a mark of at least 60 percent on Assignment 1, obtain at least 55 percent on the final examination, and obtain a course composite grade of at least **C- (60 percent)** [📄](#). The chart below summarizes the course activities and the credit weight associated with each.

Activity	Weight
Assignment 1	25%
Assignment 2	15%
Midterm Exam	25%
Final Exam	35%
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

Sizer, F. S., Whitney, E., & Piché, L. A. (2018). *Nutrition: Concepts and Controversies* ;(4th 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](#) .

Online Software

McGuire, M. 'S.,' Beerman, K. A., Dunford, M., & Doyle, J. A. (2014). *Diet and Wellness Plus* (1st ed.). Cengage Learning.

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 331 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.

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View [previous revision](#) 
