



Nutrition (NUTR) 405

Nutrition in Health and Disease (Revision 8)

Status:

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

Delivery mode:

Individualized study online

Credits:

3

Area of study:

Science

Prerequisites:

NUTR 330

Precluded:

NUTR 331. (NUTR 405 may not be taken for credit if credit has already been obtained for NUTR 331.)

Challenge:

NUTR 405 has a challenge for credit option.

Faculty:

Faculty of Science and Technology

Overview

There is now a large body of evidence demonstrating that diet has a major impact on health. In this course, we examine this subject. We start by looking at nutrition research. Without some understanding of how nutrition advances are made, you cannot properly appreciate the significance of conflicting claims. For that reason, we look at research methods in nutrition. From there we survey the dietary causes of chronic diseases related to lifestyle, including hypertension, coronary heart disease, diabetes, obesity, and cancer. Later units deal with other special topics.

This course examines many controversial areas. The student must understand that nutrition science is in constant flux—a “consensus” statement often simply reflects what the majority of experts believe; plenty of other experts may disagree. In this course we look at various controversies. The course also discusses nutrition issues throughout the lifecycle.

This course builds on NUTR 330. Accordingly, we assume that the student has a reasonable understanding of general nutrition.

Outline

- Unit 1: General Principles of Research in Nutrition
- Unit 2: Human Diet and Evolution
- Unit 3: The Concept of Chronic Diseases of Lifestyle
- Unit 4: Dietary Fibre, Gallstones, and Diseases Related to the Colon
- Unit 5: Cardiovascular Diseases
- Unit 6: Obesity and Diabetes
- Unit 7: Diet and Cancer
- Unit 8: What Is the Healthiest Diet?
- Unit 9: Special Topics
- Unit 10: Life Cycle Nutrition I: Pregnancy, Lactation, and Infancy
- Unit 11: Life Cycle Nutrition II: Children, Teenagers, and the Elderly

- Unit 12: Nutrition and Exercise
- Unit 13: Consumer Concerns, Environmental Issues, and Hunger

Evaluation

To **receive credit** [↗](#) for NUTR 405, you must obtain at least 55% on the final examination, 60% on assignments 1 and 2, and obtain an overall course mark of at least 60%. The weighting of the composite grade is as follows:

Activity	Weight
Assignment 1	15%
Assignment 2	12%
Midterm Exam	33%
Final Exam	40%
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., S. Rolfes, G. Hammond, and L. Piché. *Understanding Nutrition*, 2nd Canadian ed. Toronto, ON: Nelson, 2016. [📖](#) (Online)

McGuire, Beerman, Dunford & Doyle. *Diet & Wellness Plus, 1st Edition*. (2014).

Salem, OR: Wadsworth Cengage Learning.  (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 405 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.

Updated May 22, 2024

View **previous revision** [↗](#)
