

<b>Brief Course Description</b>	The Adult Nutrition course explores some of the health issues faced by both men and women and show how proper nutrition and the use of nutritional supplements can combat the onset and severity of various diseases.	
<b>Course Prerequisites</b>	<ul style="list-style-type: none"> <li>• Pediatric Nutrition</li> </ul>	
<b>Textbooks Required for this Course</b>	The Prescription for Nutritional Healing by P. Ballch & J. Ballch	
<b>Equipment Required for this Course</b>	None	
<b>Course Duration</b>	<b>Course is self paced, distance education.</b> Approximately 62 hours of study.	
<b>Homework Hours</b>	None.	
<b>Delivery Methods</b>	Indicate how the course is delivered:  <input type="checkbox"/> <i>On-site delivery.</i> <input checked="" type="checkbox"/> <b>Distance delivery.</b> <input type="checkbox"/> <i>Combined delivery (on-site and distance.)</i>	
<b>Instructional Method</b>	<b>Method of Delivery.</b> (reflect all methods used.)  <b>Distance Education.</b>	<b>Contact Hours.</b>  <b>Monday-Friday, 9am to 5pm</b>
<b>Learning Objectives/Outcomes</b>	<p><b>Upon completion of this course the successful student will have reliably demonstrated the ability to:</b></p> <p>At the end of this course you will be able to create a nutritional menu for the daily life of an adult – taking into account the age, gender, and general health of the individual.</p>	

**Student Progress/Assessment Methods**

Students are assessed based on an open-book exam at the end of the course.  
Students must score 80% to be considered successful.

**Attendance Expectations**

N/A

**Dress Expectations (if applicable)**

N/A

**Course Details**

**The following topics are covered in this course, summarizing the subject matter sufficient to achieve the learning outcomes for the course.**

<b><u>Lesson:</u></b>	<b><u>Topics Covered</u></b>
1	Nutritional Review
2	Obesity
3	Men's Nutrition & Disease
4	Women's Nutrition & Disease