

NUTR 201 – Human Nutrition Proficiency Examination

Testing Services and School of Health Studies

# Course Description

The role of nutrition in human biological systems: the properties of nutrients; interaction with other

environmental and genetic factors; quality of the current food supply.

# Course Objectives

Upon completion of this course, the student will be able to:

* Describe the functions of the major nutrients in the body including their chemical properties;
* Identify the major food sources of the nutrients and preserve them during food preparation.
* Discuss the role of nutrition as it interacts with other environmental and genetic factors to impact the health and well-being of humans.
* Assess and modify their diet to meet MyPlate recommendations.
* Analyze the quality of the current American diet considering the impact of personal food choices, food processing, and food distribution.
* Explain the application of scientific methods in the solution of nutrition problems.
* Describe the frontiers of nutritional research and the limitations on that research.
* Discuss the role of social responsibility in the science of nutrition.
* Evaluate popular claims and theories relating to nutrition.

# Proficiency Exam

The exam consists of 163 multiple-choice items. Two hours of testing time are allowed.

The minimum passing score is 119 test items answered correctly. Upon successful completion of the exam,

Three hours of credit for NUTR 201, Human Nutrition, will be granted.

**Note:** Students may not earn proficiency credit for a course for which they have received credit; nor may they receive credit for courses which substantially overlap or are prerequisites to any in which they are enrolled or for which they have received credit. Normally, a student may attempt to gain proficiency credit for a particular course only once. (Academic Regulations) Proficiency Examinations, Northern Illinois University Bulletin.

# Registration

This exam must be scheduled in advance with [Testing Services](http://www.niu.edu/Testing), (815) 753-1203, [testing@niu.edu](mailto:testing@niu.edu)

Examinees must bring valid photo identification to the examination.

# Results

Examination results will be available immediately following completion of the exam.

# Study Materials

The following textbooks would be helpful in studying for this test:

* Insel P., Turner RE, Ross D., McMahon K, Bernstein M. - Discovering Nutrition Jones & Bartlett Publishing Inc. 2018 Fifth Edition ISBN# 1284064654
* Gordon M. Wardlaw Contemporary Nutrition, Tenth Edition McGraw Hill Companies 2016,

ISBN# 9780078021374

* Sizer F, Whitney, E. Nutrition: Concepts and Controversies*.* Brooks Cole, 2016, Fourteenth Edition, ISBN#9781305627994

## Areas To Be Covered

Influences on our eating behavior-psychosocial, economic, ethnic/cultural, geographic, political, nutritional/medical

### Nutrition Guidelines

* The Dietary Guidelines for Americans
* MyPlate

### Recommendations for Nutrient Intake

* Dietary Reference Intakes (DRis)
* Recommended Dietary Allowance (RDA)
* Adequate Intake
* Upper Level

### The Food Label

* Nutrition Facts Panel
* Daily Values
* Nutrient Content Claims
* Health Claims

### Healthy People 2020

Basic nutrients--for each nutrient need to know classifications, functions, digestive path, deficiency and toxicity symptoms, food sources, diseases/conditions related to each nutrient.

* Carbohydrates
* Lipids
* Proteins
* Vitamins
  + Water soluble--ascorbic acid, thiamin, niacin, riboflavin, folic acid, cobalamine, pyridoxine, biotin, pantothenic acid
  + Fat soluble--vitamins A, D, E, and K
* Minerals
  + Macrominerals--calcium, phosphorous, magnesium, sodium, and potassium
  + Microminerals--iron, fluoride, iodine, zinc, selenium, chromium, names of others
* Water

Digestion and absorption--need to know where the various food stuffs are digested, enzymes/structures involved, how and where absorption occurs for the basic nutrients

* Energy metabolism
  + Sources/expenditure of calories; importance of each
    - Basal metabolic rate
    - Thermic effect of food
    - Physical activity
  + Krebs cycle/electron transport system--which nutrients are involved
  + Overnutrition--overweight and obesity
  + Undernutrition--starvation, anorexia nervosa, malnutrition (marasmus and Kwashiorkor)
  + Sound weight loss plan
* Nutrition - beyond the nutrients
  + Fitness
  + Anorexia Nervosa and Bulimia Nervosa
  + World Hunger
* Nutrition in the life cycle--need to know physiological changes which require nutritional adaptations, special problems or conditions of nutritional concern, how eating patterns are affected as people develop through life
  + Pregnancy-fetal/maternal aspects
  + Lactation'
  + Infancy
  + Childhood
  + Adolescence
  + Young adult
  + Middle years
  + Elderly
* Nutrition and alcohol
* Our food supply
  + Food safety
  + Functional foods
  + Dietary supplements
* Food Faddism
  + Popular fads
  + How to identify fraudulent claims