First Read Curriculum Review

Courses 10/22/26

Meeting Date	Review Team	Course	Course Title	Course Description	Request Type	Units	Hours	Current Attributes (DE, CE, T, GE, CBE)	CE Request	DE Requests (Hybrid, Online, Interactive)	CSU Transfer	UC Transfer	GE Requests	C-ID Requests	Start Semester
9/24/2026	H, GE	NUTRB10	Introduction to Nutrition Science	The study of the relationship between human nutrition and health or disease states, including the integration of anatomy, physiology, chemistry, biochemistry, medical science, and biotechnology to understand the full impact on the human body. Current nutrition guidance models and approaches to medical nutrition are analyzed with an emphasis on evidence-based findings from scientific research. A discussion of food selection, the nutritional components of food, metabolism, and risks associated with excesses or deficiencies throughout the lifecycle. The study of nutrients and their biological functions, sources, digestion, absorption, and metabolic pathways. The sequential steps of the scientific method will be explored. Students will identify and apply relevant scientific research in nutrition guidelines, health, weight regulation, sports nutrition, the diet-disease relationship, impact on food choice, and analysis of special nutritional requirements and needs during the life cycle. Scientific concepts of nutrition related to the function of nutrients in basic life processes and current health issues, with emphasis on individual needs.	Revision	3		DE, GE, T		Fully In Person (Lecture) Hybrid - In Person (Lecture) + Asynchronous online Hybrid - In Person (Lecture) + Synchronous online Fully Online - Synchronous (Lecture) + Asynchronous (Lecture) Fully Online - Synchronous only (Lecture) Fully Online - Asynchronous only (Lecture)	Approved	Approved	retain: BC 5, 7a; **add: Cal GETC 5B**	retain: NUTR 110	Fall 2027