

COURSE: NUTRITION, HEALTH AND FITNESS

OVERVIEW OF COURSE

Goal

The goal of this course is to provide an in-depth study of human nutrition, emphasizing its relationship to health and fitness.

Description

In this course, students will relate the concepts of nutrition, diet, and exercise to good health. The content of this course will examine the role of nutrients in the body, diet-related conditions, special diets, diet analysis, nutrition for athletes, lifetime fitness, the effect of food preparation techniques on diet, and careers in the field of nutrition.

Skills, Knowledge and Behaviors to be Developed

The ability to:

1. Assess personal fitness and eating habits.
2. Analyze popular diets for nutritional sufficiency.
3. Explain the risks associated with special diets.
4. Explain the effect of gender on physical performance.
5. Design a personal plan for lifetime fitness.
6. Estimate the energy requirements of various athletic sports.
7. Differentiate between safe and unsafe nutritional practices related to various athletic sports.
8. Define the terms associated with the study of nutrition.
9. Explain the importance of complex carbohydrates in the diet.
10. Differentiate between healthy and unhealthy levels of fat in a diet.
11. Explain the importance of protein in the human diet throughout the life cycle.
12. Explain the effects of excesses and deficiencies in vitamin intake.
13. Analyze sample diets for adequate mineral content.
14. Weigh personal career opportunities in relation to a career in nutrition.

CONTENT OUTLINE

- I. Nutrient Concepts
 - A. The Basics
 - 1. The daily food guide
 - 2. Essential nutrients
 - 3. Digestion and metabolism
 - B. The Nutrients In-Depth
 - 1. Carbohydrates
 - 2. Fats
 - 3. Protein
 - 4. Vitamins
 - 5. Minerals and water

- II. Special Diets
 - A. Fad Diets
 - 1. Weight loss
 - 2. Weight gain
 - 3. Weight maintenance
 - B. Vegetarian Diets
 - 1. Strict
 - 2. Lacto
 - 3. Lacto-ovo
 - C. Medical Diets
 - 1. Conditions
 - 2. Symptoms
 - 3. Treatment

- III. Lifetime Fitness
 - A. Male and Female Physiology
 - 1. Physiology and physical performance
 - 2. The aging process
 - B. Exercise
 - 1. Types of exercise
 - 2. Lifetime fitness program

- IV. Food for Performance
 - A. Energy Requirements
 - 1. Endurance sports
 - 2. Other sports
 - B. Nutritional Practices
 - 1. Pre- and post-game meal
 - 2. Weight loss and gain sports
 - 3. Dangerous practices

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CONTENT OUTLINE, continued

V. Self Assessment

- A. Physical Characteristics
 - 1. Height and weight
 - 2. Somatotype
 - 3. Body fat composition
- B. Cardiovascular Fitness
 - 1. Hereditary risk factors
 - 2. Environmental risk factors
 - 3. Present fitness level
- C. Eating Habits
- D. Designing a Personal Plan

VI. Careers in Nutrition

- A. Employment Opportunities and Qualifications