

COURSE: NUTRITION, HEALTH AND FITNESS

OVERVIEW OF THE COURSE

Goal

The goal of this course is to provide an in-depth study of human nutrition, emphasizing the 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, related conditions, special diets, diet analysis, nutrition for athletes, lifetime fitness, effect of food preparation, techniques of diet, and the relationship between diet and health.

Skills, Knowledge and Behaviors to be Developed

The ability to:

1. Assess personal fitness, stress 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 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 of nutrients.
13. Analyze sample diets for adequate mineral content.
14. Write a personal diet plan.

CONTENT OUTLINE

I. Nutrient Concepts

- A. The Basics
 - 1. The daily food guide
 - 2. Essential nutrients
 - 3. Digestion and metabolism
- B. The Nutrients In-Detail
 - 1. Carbohydrates
 - 2. Proteins
 - 3. Fats
 - 4. Vitamins
 - 5. Minerals

II. Special Diets

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

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 meals
 - 2. Hydration
 - 3. Dangers

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CONTENT OUTLINE, CONTINUED

V. **Self-Inspection**

A. **Physical Characteristics**

1. Height and weight
2. Somatotype
3. Body fat

1. Hereditary
2. Environmental
3. Present fitness

C. **Eating Habits**

D. **Deficiencies**

VI.