

Nutrition and Wellness

COURSE DESCRIPTION: This 1/2 credit course will introduce the student to an overview of good nutrition principles that are needed for human physical & mental wellness. Discussion of digestion, basic nutrients, weight management, sports & fitness, and life-span nutrition is included. Application to today's food and eating trends, plus learning to assess for reliable nutrition information is emphasized.

COURSE OBJECTIVES:

After completing the course, the student will be able to:

- Describe the expanding role and need for good Nutrition in Human physical and mental wellness
- Identify and be able to apply good Nutrition and food safety information sources available
- Outline the processes of digestion, absorption and metabolism and how major nutrients are processed in the body
- Define basic components of Carbohydrates, Proteins, and Fats and what forms and functions that they have in human metabolism
- Describe general function of Vitamins, Minerals, and Fluids and relate these to body health needs
- Complete body size measurements and explain influences on weight management in today's world
- Use a wellness and critical thinking approach to evaluate current weight control programs and body image influences
- Identify the nutritional processes involved in physical fitness and stress
- Discuss the relationship of nutrition to athletic performance and sports related dietary supplements
- Identify and apply wellness and nutrition principles throughout the human life cycle

PREREQUISITES: None

COURSE LENGTH: One semester (.5 credit) Course

REQUIRED TEXT: None

COURSE OUTLINE:

Course Introduction

- Course Introduction – Nutrition & Wellness
- Getting Started
- Research Paper

Wellness & Food Choices in Today's Worlds

- Wellness & Food Choices in Today's World – Introduction
- Influences in Food Habits and Consumption Trends
- Food Selection Guides & Evaluations
- Reading Food Labels
- Foodborne Illness & Safety of Food Supply
- Community Sources of Nutrition & Wellness

Digestion & Major Nutrients

- Digestion & Major Nutrients – Introduction
- Digestion, Absorption, and Metabolism
- Carbohydrates
- Fats
- Proteins
- Vitamins
- Minerals
- Fluids & Hydration

Body Size & Weight Management

- Body Size and Weight Management – Introduction
- Calculating & Interpreting Body Measurements
- Function & Regulation of Body Fat Levels
- Culture, Body Image, and Genetics
- Evaluating Diet Programs and Products
- Eating Disorders
- Developing a Wellness Approach to Body Size
- Exam Preparation & Exam

Physical Fitness, Sports Nutrition, & Stress

- Physical Fitness, Sports Nutrition, & Stress: Introduction
- Nutrient & Energy Pathways
- Fitness & Physical Activity in Wellness
- Athletic Performance & Nutritional Needs
- Use of Diet Supplements & Ergogenic Aids in Sports
- Body Response and Nutrition Changes in Stress

Life Cycle Nutrition

- Life Cycle Nutrition
- Pregnancy & Breastfeeding
- Infants
- Childhood
- Adolescent
- Adulthood
- Frail Elderly