

Nutrition Wellness*

COURSE DESCRIPTION:

This half credit course will introduce the student to an overview of good nutrition principles that are needed for human physical and mental wellness. Discussion of digestion, basic nutrients, weight management, sports and 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.

PREREQUISITES: None

COURSE LENGTH: One semester

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

* = One semester (.5 credit) course