

Nutrition and Wellness

COURSE DESCRIPTION: This half-credit, one semester course will introduce the student to an overview of good nutrition principles that are needed for effective and healthy 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.

COURSE OBJECTIVES:

- Describe the expanding role and need for good nutrition in healthy physical and mental wellness.
- Identify and apply good nutrition and food safety information sources that are 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 life cycle.

PREREQUISITES: None

COURSE LENGTH: One semester

REQUIRED TEXTS: None

REQUIRED MATERIALS: None

COURSE OUTLINE:

Unit 1 - Course Introduction

Section 1 - Course Introduction: Nutrition & Wellness

Section 2 - Getting Started

Section 3 - Research Paper

Unit 2 - Wellness & Food Choices in Today's World

Section 1 - Wellness & Food Choices in Today's World: Introduction

Section 2 - Influences in Food Habits and Consumption Trends

Section 3 - Food Selection Guides & Evaluations

Section 4 - Reading Food Labels

Section 5 - Food Bourne Illness & Safety of Food Supply

Section 6 - Community Sources of Nutrition & Wellness

Section 7 - Exam Preparation & Exam

Unit 3 - Digestion & Major Nutrients

Section 1 - Digestion & Major Nutrients: Introduction

Section 2 - Digestion, Absorption, & Metabolism

Section 3 - Carbohydrates

Section 4 - Fats

Section 5 - Proteins

Section 6 - Vitamins

Section 7 - Minerals

Section 8 - Fluids & Hydration

Section 9 - Exam Preparation & Exam

Unit 4 - Body Size & Weight Management

Section 1 - Body Size & Weight Management: Introduction

Section 2 - Calculating & Interpreting Body Measurements

Section 3 - Function & Regulation of Body Fat Levels

Section 4 - Culture, Body Image, & Genetics

Section 5 - Evaluating Diet Programs & Products

Section 6 - Eating Disorders

Section 7 - Developing a Wellness Approach to Body Size

Section 8 - Exam Preparation & Exam

Unit 5 - Physical Fitness, Sports Nutrition & Stress

Section 1 - Physical Fitness, Sports Nutrition & Stress: Introduction

Section 2 - Nutrient & Energy Pathways

Section 3 - Fitness & Physical Activity in Wellness

Section 4 - Athletic Performance & Nutritional Needs

Section 5 - Use of Diet Supplements & Ergogenic Aids in Sports

Section 6 - Body Response and Nutrition Changes in Stress

Section 7 - Exam Preparation & Exam

Unit 6 - Life Cycle Nutrition

Section 1 - Life Cycle Nutrition

Section 2 - Pregnancy & Breastfeeding

Section 3 - Infants

Section 4 - Childhood

Section 5 - Adolescent

Section 6 - Adulthood

Section 7 - Frail Elderly

Section 8 - Exam Preparation & Exam

Semester Final Exam