

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.