COURSE: NUTRITION, HEALTH AND FITNESS

CONTENT OUTLINE

I. Nutrient Concepts
   A. The Basics
      1. The daily food guide
      2. Essential nutrients
      3. Digestion and metabolism
   B. The Nutrients In-Depth
      1. Carbohydrates
      2. Fats
      3. Protein
      4. Vitamins
      5. Minerals and water

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

III. Lifetime Fitness
   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 meal
      2. Weight loss and gain sports
      3. Dangerous practices
V. Self Assessment
   A. Physical Characteristics
      1. Height and weight
      2. Somatotype
      3. Body fat composition
   B. Cardiovascular Fitness
      1. Hereditary risk factors
      2. Environmental risk factors
      3. Present fitness level
   C. Eating Habits
   D. Designing a Personal Plan

VI. Careers in Nutrition
   A. Employment Opportunities and Qualifications