

Nutrition and Wellness – High School

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:

- 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

REQUIRED TEXT: No required text for this course.

MATERIALS LIST: No required materials for this course.

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 - Foodborne 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

Final Exam