

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

COURSE: NUTRITION, HEALTH AND FITNESS

CONTENT OUTLINE, continued

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