

DEREE COLLEGE SYLLABUS FOR

PE 1004 NUTRITION

2/0/2

(Updated Spring 2009)

(Previously PE 1004 BASIC NUTRITION)

PREREQUISITES: None

CATALOG

DESCRIPTION: Principles of nutrition and the importance of nutrition in promoting growth and health. A sample of nutritional issues to be covered include: obesity, vegetarianism, sports nutrition as well as the needs of special groups
Graded on a P/F basis.

RATIONALE: Students should be able to scientifically analyze the information available against appropriate standards before incorporating it into their diet. This will help produce the best possible personal healthy and nutritional life style. In today's society, the internet and the media are often the main sources of information in terms of nutrition. Some companies tend to stretch claims of the benefits derived from their products. Research continually discovers more about the significance of nutrition on performance, health, and athletics. It is important that individuals are able to discriminate between accurate and inaccurate information. Students need a strong foundation of knowledge and skills that will help them gain positive nutrition practices for a lifetime.

OBJECTIVES: The student will learn to analyze articles, product labels, etc. synthesizing that information and applying new information as it becomes available into an appropriate diet for their level of activity. They will learn to continue to make necessary adjustments as needed based on the items listed below.

- Demonstrate a basic understanding of digestion, absorption and metabolism of macronutrients (Carbohydrates, Protein, Lipids), along with an understanding of the over-and under- consumption of each.
- Describe functions of micronutrients, and diseases, which result from inadequate intake of these nutrients. Explain energy utilization during rest and exercise and how excess energy accumulation will lead to obesity.
- Describe recommended measures to prevent and/or treat obesity.
- Describe signs of disordered eating (overeating, bulimia, anorexia nervosa).
- Describe needs of special groups: athletes, vegetarians etc.
- Demonstrate how nutrient needs change throughout the life cycle.

LEARNING

ACTIVITIES: Lectures, discussions, video viewing, literature searches, special projects, and final project which includes: Analysis of personal diet, self assessment, instructor review, and synthesize new personal nutritional program.

EVALUATION:

Projects	15%
Lecture Exams	35%
Participation	10%
Final Examination	40%

REQUIRED MATERIAL:

Textbook: Contemporary Nutrition, current edition
Gordon M. Wardlaw, Anne M. Smith

European Union Food Information Council, EUFIC REVIEW, Food Additives
Ministry of Health and Welfare, Dietary Guidelines for Adults in Greece

RECOMMENDED: Brownel, K.D., Foreyt, J.P. (1986), "Handbook of Eating Disorders" (pp. 231-243, 253-264). Basic Books

Clark, N. (1997), "Nancy Clark's Sports Nutrition Guidebook", Eating to Fuel Your Active Lifestyle (pp.128-143, 287-296). Human Kinetics

Schlosser, E. (2002), "Fast Food Nation" (pp. 1-28).Penguin Books

WWW RESOURCES:

International Food Information Council www.ific.org/

The Food and Nutrition Information Center (FNIC) at the National Agricultural Library (NAL) www.nal.usda.gov/fnic/

The European Food Information Council www.eufic.org/gb/home/home.htm

Nutrition Source, Harvard School of Public Health
www.hsph.harvard.edu/nutritionsource/

American Dietetic Association www.eatright.org/

Mayo Clinic Food and Nutrition Center
www.mayoclinic.com/findinformation/conditioncenters/centers.cfm?objectid=000851DA-6222-1B37-8D7E80C8D77A0000

University of Texas Southwestern Medical Center, Center for Human Nutrition
<http://www.utsouthwestern.edu/utsw/cda/dept27712/files/40245.html>

CONTENT OUTLINE:

Students will apply the scientific method using

- Observation and recall
- Understanding, interpretation, & predicting
- Analyzing
- Relating concepts and old information to predict and/or modify plans
- Applying
- Evaluating the results and starting the process over from the top the following topics:
 - Overview of nutrition
 - The human body
 - Carbohydrates/Protein
 - Lipids/Alcohol
 - Vitamins, minerals, Water
 - Energy Balance and Weight Control
 - Sports Nutrition

- Eating Disorder, Anorexia Nervosa, Bulimia Nervosa and other conditions
- Nutrition from Infancy through Adolescence
- Nutrition during Adulthood
- Nutrition for special groups
- Tools for designing a healthy diet
- Current Topics in Nutrition