A. Course Description

- **Credits:** 3.00
- **Lecture Hours/Week:** 3.00
- **Lab Hours/Week:** 0.00
- **OJT Hours/Week:** 0
- **Prerequisites:** None
- **Corequisites:** None
- **MnTC Goals:** None

This course will provide the student with introductory nutritional information for health, fitness and sports performance. Course content includes: classification and function of nutrients, body composition and weight management, dietary supplements and ergogenic aids, energy and metabolism, and eating disorders.

B. Course Effective Dates: 8/22/02 – Present

C. Outline of Major Content Areas

- As noted on course syllabus

D. Learning Outcomes

1. Analyze nutrition fads
2. Analyze the factors that determine body weight
3. Analyze the nutrient needs of athletes
4. Analyze the nutrient needs of special populations: elderly, women, pregnant women, children, etc.
5. Appraise nutritional supplements
6. Calculate desired body weight from a given body fat percentage
7. Compare and contrast techniques for analyzing body composition
8. Construct techniques to deal with psychological obstacles to weight loss
9. Create a healthy diet plan
10. Demonstrate an understanding of nutrient needs and functions in the human body
11. Design physical fitness programs for weight loss
12. Differentiate between overweight and obesity
13. Discuss the various eating disorders
14. Examine behavior modification techniques
15. Examine strategies for preventing and treating eating disorders
16. Examine the relationship between nutrition and athletic performance
17. Examine the relationship between nutrition and disease prevention
18. Examine the relationship between obesity and disease risk

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

F. Learner Outcomes Assessment
   As noted on course syllabus

G. Special Information
   None noted