

LOCK HAVEN UNIVERSITY
LOCK HAVEN, PENNSYLVANIA
RECREATION MANAGEMENT
NUTRITION FOR WELLNESS
RECR205

I. Introductory Information:

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|---|------------------------|
| (A) Department Name: | Recreation Management |
| (B) Department Catalog Number: | RECR205 |
| (C) Course Title: | Nutrition for Wellness |
| (D) Semester Hours of Credit: | 3 |
| (E) Clock Hours Per Week: | 3 |
| (F) Overlays: | None |
| (G) Restrictions Upon Student Registration: | None |

II. Description of the Course:

Designed to explore basic knowledge of contemporary nutrition practices. While the course emphasizes the relationship of nutrition to overall good health and well being, it specifically targets students' personal eating habits and the consequences of healthy versus poor food choices.

III. Exposition:

A. Objectives:

Upon completion of this course, students will be able to do the following:

1. Comprehend the role of nutrition in the promotion and maintenance of health.
2. Use appropriate sources and services to obtain reliable nutrition information.
3. Identify guidelines and rationale used for planning and evaluating food intake.
4. Describe the factors that influence food selection.

5. Analyze food consumption and activity levels as they relate to weight management and nutrient requirements.
6. Discuss major concerns about diets and dieting.
7. Evaluate the results of a nutrition assessment.
8. Question the role of technology in the food industry as it relates to safety practices.
9. Explain health concerns that result from over or under consumption of food and beverages.

B. Activities and Requirements:

1. Complete assigned readings
2. Attend class and participate in the discussions
3. Complete written assignments (including the diet analysis project).
4. Demonstrate knowledge on the written tests.

C. Major Units and Time Allotted:

1. Relationship of Nutrition to Well-Being (1 hour)
 - a. Nutrients in relation to health and vitality
 - b. Nutrient consumption and its impact on chronic health conditions
2. Determining Nutritional Needs (4 hours)
 - a. Recommended Dietary Allowances and Daily Values
 - b. Food groups
 - c. Food pyramids
 - d. Dietary Guidelines
 - e. Food labels
3. Reliable Nutrition Sources and Services (1 hour)
 - a. Food regulatory agencies
 - b. Government and private resources
 - c. Food laws
4. Factors Affecting Food Selection (1 hour)
 - a. Food symbolism

- b. Biological needs
 - c. Economic conditions
 - d. Social considerations
 - e. Psychological factors
 - f. Cultural practices
 - g. Religious beliefs
 - h. Geographic locations
 - i. Advertising
5. Carbohydrates (8 hours)
- a. Function
 - b. Food Sources
 - c. Simple carbohydrates
 - d. Complex carbohydrates
 - e. Health conditions related to carbohydrate metabolism
 - f. Sweeteners
6. Lipids (8 hours)
- a. Function
 - b. Food Sources
 - c. Saturated fat
 - d. Unsaturated fat
 - e. Trans fat
 - f. Cholesterol
 - g. Fast food choices
7. Protein (5 hours)
- a. Function
 - b. Sources
 - c. Incomplete protein
 - d. Complete protein
 - e. Vegetarianism
8. Vitamins, Minerals and Supplements (4 hours)
- a. Fat-soluble vitamins
 - b. Water-soluble vitamins
 - c. Minerals
 - d. Supplements
9. Weight Control and Dieting (3 hours)
- a. Energy balance
 - b. Role of exercise

- c. Guidelines for dieting
 - d. Fad diets
 - e. Disordered eating
 - f. Obesity
10. Food Safety and Technology (3 hours)
- a. Preservatives/additives
 - b. Food borne illness
 - c. Food irradiation
 - d. Genetic modification of foods
11. Other Topics Associated with Food Consumption (2 hours)
- a. Restaurant dining
 - b. World hunger and malnutrition
 - c. Alcohol
 - d. Caffeine
12. Examinations (5 hours)

D. Materials and Bibliography:

1. Suggested text:

Thompson, J. & Manore, M. (2005). *Nutrition: An applied approach*. San Francisco, CA: Pearson/Benjamin Cummings.

2. Other materials: Videos

3. Bibliographic support:

ACSM's health and fitness journal. (2005). Philadelphia, PA: Lippincott, Williams & Wilkins.

Annual editions: Nutrition 05/06. (2005). Dubuque, IA: McGraw-Hill/Duskin.

Brown, Judith (2004). *Nutrition now* (4th ed.). Belmont, CA: Wadsworth.

Dunne, Lavon J. (2002). *Nutrition Almanac* (5th ed.). New York: McGraw-Hill.

Fink, H., Mikesky, A., & Burgoon, L. (2005). *Nutrition for sport and fitness*. Sudbury, MA: Jones and Bartlett Publishers.

Insel, P., Turner, R. Elaine, & Ross, D. (2004). *Nutrition* (2nd ed.). Sudbury, MA: Jones and Bartlett Publishers.

Kittler, P., & Sucher. (1998). *Food and culture in America* (2nd ed.). Belmont, CA: West/Wadsworth Publishing Company.

Messina, V., Mangels R., & Messina M. (2003). *A dietitian's guide to vegetarian diets: Issues and applications*. Sudbury, MA: Jones and Bartlett Publishers.

Nestle, M. & Dixon, L. Beth. (2004). *Taking sides: Clashing views on controversial issues in food and nutrition*. Guilford, CT: McGraw-Hill/Duskin.

Thompson, J. & Manore, M. (2005). *Nutrition: An applied approach*. San Francisco, CA: Pearson/Benjamin Cummings.

Wardlaw, G. M. & Smith, A. (2005). *Contemporary nutrition* (6th ed.). New York: McGraw-Hill.

IV. Standards:

Grades will be assigned in accordance with the grading policies of the University and will be based on the quality of work demonstrated by the students in meeting the course requirements.

V. Rationale and Impact:

- A. This nutrition course explores the issues associated with making wise food selections for optimum health and well being. With the rising cost of health care, disease prevention is the best solution to our society's health care crisis. A knowledge of basic nutrition principles and their correct application is the focus of this course.
- B. The course meets the General Education Wellness requirement and is open to all students at Lock Haven University. It is required for all Fitness Management majors and certain Health Science majors.
- C. No changes are necessary for existing academic programs.

VI. Cost and Staff Analysis:

- A. No additional cost is anticipated.
- B. Multiple sections of this course are offered each semester.

VII. Date approved by University president:

Signature of the President

Date