**Course Description**

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| **Course Title** | Nutritional for Health and Fitness | **Course Code** | **BND353** |
| **Program** | Therapeutic Nutrition and Dietetic | **Level** | 3rd level |
| **Credit Hours** | 2 | **Pre-requisites**  | **BND234** |
| **Course Description:** |
| This course provides students with basic knowledge about nutrition for health and fitness in order to understand the nutrient needs, what happens when we exercise, the kind of food that provides energy for activity, energy and nutrient needs of athletes, the importance of water and electrolytes for cooling, and what athletes should eat as ergogenic supplements. The course also provides insight into the nutritional problems common among athletes, helping students understand the growing interest in physical fitness across all age groups to improve quality of life.The teaching strategies will include lectures, self-learning, and assignments. Students will be evaluated through reports and written exams. The Principle of Human Nutrition is a prerequisite for this course. |
| **Topics Covered:** |
|  | Overview of Course Content |
| Nutrition, fitness, and health |
|  | Understanding and meeting nutrient needs |
|  | Understanding what happens when we exercise |
|  | Food provides energy for activity |
|  | Mid exam |
|  | Energy and nutrient needs of athletes |
|  | Keeping cool: why are water and electrolytes so important |
|  | What should athletes eat |
|  | Ergogenic supplements: are they safe |
|  | Nutritional problems |
|  | Common among athletes |
|  | Final exam |
| **Course Learning Outcomes:**  |
| After completing this course, students would be able to: |
|  | Identify concepts and principles of health and fitness. |
|  | Comprehend the interaction between fitness and nutrition. |
|  | Explain the nutrient needs and what happens when we exercise. |
|  | Demonstrate the ergogenic supplements athletes should eat. |
|  | Summarize the nutritional problems common among athletes. |
|  | Analyze the kind of food that provides energy for activity and the importance of nutrient needs of athletes. |
|  | Design nutritional programs for activity and athletes. |
|  | Use special diet to meet the nutritional requirements of athletes. |
|  | Give health and nutritional education and counseling to athletes. |
|  | Demonstrate practical proficiency and teamwork with athletes. |
| **Textbooks:** |
| 1 | Carroll A. Lutz, MA, RN, (2008), Nutrition and Diet Therapy: Evidence-Based Applications, 4th edition, Jaypee, New Delhi. |
| 2 | L. Kathreen Mohan, (2012), Krause's Food and the Nutrition Care Process, 13th edition, Elsevier, USA. |
| **Course Assessment:** |
| **No.** | **Assessment Tasks** | **Mark** |
|  | Quizzes | 5 |
|  | Assignments ang reports | 10 |
|  | Midterm Exam | 25 |
|  | Final Exam | 60 |
| **Total** | **100** |