EXSC 2605: Nutrition II

A. COURSE DESCRIPTION

Credits: 2
Lecture Hours/Week: 2
Lab Hours/Week: 0
OJT Hours/Week: 0

Prerequisites: 
This course requires the following prerequisite
  BIOL 1435 - Principles of Nutrition

Corequisites: None
MnTC Goals: None

This course is designed to provide the learner with additional knowledge of nutrition that can be applied within the "Scope of Practice" of an Exercise Specialist. Instruction will be provided in the area of nutritional applications for the most common lifestyle diseases that the Exercise Specialist will work with in their client practice including: Diabetic, obese and senior citizen client groups. Additional instruction in the areas of alternative nutritional practices, supplementation, eating disorders, and nutritional protocols for high performance athletes will be provided. The emphasis will be on the nutritional knowledge required for a specific individual client integrated with the client's overall health & wellness program.

B. COURSE EFFECTIVE DATES: 02/19/2021 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Examine the role carbohydrates, fats, and other components have in a balanced and healthy diet.
2. Examine the FDA and Harvard food pyramids.
3. Research and report on the glycemic index.
4. Examine the facts and measures of metabolism.
5. Understand insulin and maintaining proper blood sugar levels.
7. Examine the multiple considerations when working with an elite athletic client.

D. LEARNING OUTCOMES (General)

1. Given instruction in course objectives 1-11, the learner will demonstrate practical working knowledge of the role of carbohydrates, fats, and proteins in a proper nutritional program, along with a review of the various Food Pyramids.
2. Given instruction in course objectives 12-30, the learner will demonstrate knowledge in the area of nutritional interventions for obese clients, cardiovascular disease client, weight management and weight loss strategies and skills in Metabolic Measurements.
3. Given instruction in course objectives 31-48 the learner will have knowledge of supplements, specific nutritional practices for athletic populations and the Scope of Practice for an Exercise Specialist in nutritional interventions.

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus
G. SPECIAL INFORMATION

None noted