

**FDNT 60 Course Outline as of Fall 1981****CATALOG INFORMATION**

Dept and Nbr: FDNT 60 Title: NUTRITION &amp; PHY FIT

Full Title: Nutrition &amp; Physical Fitness

Last Reviewed: 2/6/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	3.00	12	Lecture Scheduled	36.00
Minimum	1.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	36.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 72.00

Total Student Learning Hours: 108.00

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

Contemporary findings in nutrition specifically related to performance in athletics and exercise. Computer analysis of calorie and nutrient intake and application of the results to improve and enhance performance, energy level, and general well-being.

**Prerequisites/Corequisites:****Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100.

**Limits on Enrollment:****Schedule of Classes Information:**

Description: Nutrition for athletes &amp; P.E. majors showing relationships between diet &amp; performance. (Grade Only)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100 or ESL 100.

Limits on Enrollment:

Transfer Credit: CSU;

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	
<b>UC Transfer:</b>		Effective:		Inactive:	

**CID:**

**Certificate/Major Applicable:**

Not Certificate/Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The student will be able to:

1. Describe the basic mechanism involved in energy production and storage in the body.
2. Discuss aerobic and anaerobic pathways in the body.
3. Describe the relationship between energy intake and expenditure needed to maintain energy balance.
4. Describe the importance of carbohydrate in a training diet.
5. Identify carbohydrate sources in the Basic Four Food Groups and know how to plan a training diet using the Basic Four Food Groups.
6. Discuss the pros and cons of carbohydrate loading.
7. Describe the functions of fat in the body.
8. List food sources of fat.
9. Describe the factors which contribute to atherosclerosis, and develop a personal strategy to deal with these factors.
10. Explain the functions of protein in the body.
11. List food sources of protein.
12. Discuss the pros and cons of predigested powdered and liquid protein supplements.
13. Describe the functions of vitamins and minerals in the body in relation to athletic performance and identify the consequences of overdose.
14. Discuss the pros and cons of the various nutritional theories related to improved athletic performance.
15. Explain the significance of water to exercise and identify its major functions in the body.
16. Discuss the interactions between the electrolytes sodium, chloride, and potassium in maintaining water balance.
17. Describe the role of sugar and caffeine in athletic performance

### **Topics and Scope:**

- I. Metabolism and the Energy Pathways
  - A. the energy sources
  - B. aerobic and anaerobic pathways
- II. Fuel Usage
  - A. intensity
  - B. duration
  - C. fitness level
  - D. diet
- III. Training Diet
  - A. emphasis on carbohydrates
  - B. the Basic Four Food Groups
- IV. Carbohydrates and Carbohydrate Loading
- V. Fats
  - A. the importance of fat
  - B. fat in the diet
  - C. cardiovascular disease
- VI. Proteins
  - A. protein in the diet
  - B. protein needs and exercise
  - C. protein supplements
- VII. Vitamins & Minerals
- VIII. Hydration
  - A. hydration and exercise
  - B. choice of fluid
  - C. electrolytes
- IX. Sugar and Caffeine
  - A. sugar before and during exercise
  - B. the effect of caffeine on exercise
- X. Eating for Performance
  - A. pre-exercise meals
  - B. food during exercise
  - C. food after exercise
- XI. Body Composition
  - A. assessing body composition
  - B. weight control and energy balance
- XII. Personal Dietary Intake Study
  - A. computer analysis of nutrient intake
  - B. computer analysis of caloric intake

**Assignment:**

1. Read chapters in text and answer assigned questions.
2. Record three-day food intake and analyze on computer.
3. Write evaluation of computerized food intake with modifications needed, if any.

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written homework, Essay exams

Writing  
40 - 60%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Homework problems, Exams, COMPUTER DIET ANALYSIS

Problem solving  
20 - 30%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances

Skill Demonstrations  
10 - 20%

**Exams:** All forms of formal testing, other than skill performance exams.

Completion

Exams  
20 - 40%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

None

Other Category  
0 - 0%

**Representative Textbooks and Materials:**  
EATING FOR ENDURANCE, Ellen Coleman