FOOD AND NUTRITION FOR HEALTH AND FITNESS

Course ID: MED/49

ECTS: 4

1st Year: 2nd semester

Teacher: PROF. ANDREOLI Angela

Objectives: Students will have an understanding of nutrition basics and what foods provide necessary for caloric nutrients and vitamins and minerals. Principles of basic nutrition and how dietary choices can contribute to the health and wellness of all specific types of people. A thorough understanding of the human body and how it reflects nutrition, including the digestion, absorption, and metabolizing of foods, physiology, anatomy, biology and the compounds of nutritional substances.

A work-study program that begins a transition from academia to professional practice in any of the chosen specific fields among nutrition and health care.

Program:
Nutrition and the Human Body
Carbohydrates, Lipids, Proteins, Vitamins, Minerals
Nutrition Guidelines
Nutrients Important to Fluid and Electrolyte Balance
Nutrients Important as Antioxidants
Nutrients Important for Bone Health
Nutrients Important for Metabolism and Blood Function
Energy Balance and Body Weight and Body composition
Nutrition through the Life Cycle: From Childhood to the Elderly Years
Nutrition and Society: Food Politics and Perspectives
Achieving Optimal Health: Wellness and Nutrition
Digestion, absorption, and metabolizing of foods
Food and Fitness Trends
Nutrition and Health: A Global Concern

Textbooks: Fitness Nutrition Special Dietary Needs, Authors, Stella Lucia Volpe, Sara Bernier Sabelawski, Christopher Mohr - Amazon.com
Fitness Nutrition for Unique Dietary Needs, Authors, Stella Volpe, Sara Bernier Sabelawski, Christopher Mohr - Amazon.com
Nutrition: From Science to You, by Joan Salge Blake, Kathy D. Munoz, Stella Volpe

Exam method: oral examination