

Nutrition for Health and Performance

Nutrition for Health and Performance This course is designed to provide the participant both general and advanced nutritional information. Nutrition will be examined from a health and performance perspective. Facts and fallacies will be explored. Topics to be covered include:

Macronutrients

- Carbohydrates

- Fats

- Proteins Vitamins and Minerals

- Fat soluble vitamins

- Water soluble vitamins

- Inorganic nutrients

- Trace elements

- Deficiencies and toxicity Digestion and Absorption

- The Digestive tract

- Digestion and absorption of lipids

- Digestion and absorption of proteins

- Digestion and absorption of Carbohydrates Dietary Analysis

- Concepts in dietary analysis

- Macronutrient analysis

- Vitamin and mineral analysis Nutrition in Health and Disease

- Healthy eating

- Nutrition and heart disease

- Nutrition and cancer Nutrition and Performance

- Nutrition and endurance athletes

- Nutrition for strength and power Weight Loss Fad Diets

- Health risks of obesity

- Health risks of weight loss

- Fad diets

- Vitamins and mineral analysis Energy Production and Metabolism

- Metabolic rate

- Caloric need calculation

- Factors affecting metabolic rate Supplements

Facts vs. Fads