

COURSE OUTLINE

HEALTH 128

I. Catalog Statement

Physical Education 128 - Nutrition and Physical Fitness - 3 units

Prerequisite: None

Note: No credit will be awarded to students who have completed Health 128 or Food and Nutrition Studies 128.

Physical Education 128 is a course in nutrition and physical fitness. It provides the student with an overall study of the relationship between nutrition and physical fitness. The effects of nutrition on the anatomical and physiological aspects of the body are emphasized. The course also examines the production of energy from the intake of a variety of nutritional sources. The process of metabolism as a means toward energy production and physical activity will also be discussed. Meal planning, basic physiology, current nutritional practices, eating disorders, weight control and athletic training are examined as they relate to the nutritional aspects of physical fitness.

Lecture 3 hours

II. Course Objectives

The students will be able to:

1. demonstrate a fundamental knowledge in the digestive system and how food is processed
2. demonstrate an understanding of energy metabolism
3. demonstrate an understanding of fuel utilization during exercise
4. show knowledge in body composition and weight control and their relationship to exercise
5. analyze relationships between nutrition and various fitness programs

III. Text

Nutrition for Fitness and sport, M. H. Williams (MHW), Dubuque, Iowa: Wm. C. Brown company Publishers, 1983.

Physical Fitness, A wellness Approach, J.S. Greenberg and D. Pargman (GP), Englewood Cliffs, New Jersey: Prentice-Hall, 1986.

Reserve in Library:

Nutritional Aspects of Human Physical and Athletic Performance, by Charles C. Thomas, Springfield, Illinois, 1985.

Nutritional & Physical Fitness, Briggs and Galloway, Saunders Publ., latest.