

FOOD AND NUTRITION FOR HEALTH AND FITNESS

[in 8059412 FOOD AND NUTRITION FOR HEALTH AND FITNESS AND CLINICAL PATHOLOGY]

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