

Nutrition for Sports and Health1

Syllabus Number

0C141

General Basic Subjects

Elective 2 credit

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1. Course Description

Along with the rising health and safety orientation, interest in "diet" has also deepened.

We will develop the ability to learn from various directions and practice about "diet" that realizes "nutrition".

In "Nutrition and health 1", students will learn nutrition and centered on nutrients as one of the broad knowledge of natural science. Furthermore, the history of food, the difference between the world and Japan, knowing about nutrition and health the system, and learning how to use them as tools to live healthily.

2. Course Objectives

Learn the basics of nutrition by clarifying chemistry of nutrients and movement in the body.

We aim to become conscious of "eating habits" for people's "health".

3. Grading Policy

To evaluate your basic knowledge of eating habits and the level of targets' achievement, we conduct periodic tests and ask for issue reports.

Grade is evaluated based on regular test (70%), assignment report, etc. (30%)

Questions about the contents of the exam and results will be explained by telephone, etc.

4. Textbook and Reference

Textbook

edited by Tsutomu Yoshida Society of Food and Health Sankyo Publishing

5. Requirements(Assignments)

We will conduct classes using PowerPoint.

You can check it on the web after the lesson.

6. Note

7. Schedule

- [1] General history of nutrition · History and system of food, administration
- [2] World and Japanese food
- [3] diet seen from nutritional aspect ① Protein
- [4] diet seen from nutritional aspect ② carbohydrate
- [5] diet seen from nutritional aspect ③ Lipid
- [6] diet seen from the nutritional aspect ④ Vitamin
- [7] diet seen from the nutritional aspect ⑤ Mineral
- [8] diet seen from nutritional aspect ⑥ Water, other
- [9] Food Functionality ① Polyphenol
- [10] Food Functionality ② Preference ingredients
- [11] Eating habits seen from safety aspect ① Health disorders
- [12] Eating habits seen from safety aspect ② Food administration
- [13] Nutrition of Alcohol
- [14] Nutrition information in life
- [15] Exam, Summary