

Nutrition for Sports and Health2

Syllabus Number

5H271

Special Subjects

Elective 2 credit

FUJIU, Keiko

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 2", we will learn about diet, environmental dietary eating in modern society such as nutrition, food science, nutrition by life stage, and clinical nutrition. We recognize various problems in society such as life, food and environmental problems. In addition, we will explore the clues through hands-on practice.

Conduct comprehension confirmation tests and reports each time, and provide feedback from the next time onward.

In this class, you will acquire knowledge, skills, and attitudes regarding the diploma policy DP2 and 3.

2. Course Objectives

Students can explain the nutrition of food science, life stage and disease as just study. (Knowledge / understanding)

Students can achieve nutrition and health by acquiring knowledge and practical skills that can be utilized in social life. (Skill)

3. Grading Policy

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

Grade is evaluated based on regular test (70%), comprehension confirmation tests and 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.

Generally prep 1 hour, we expect to review one hour.

6. Note

7. Schedule

- [1] Basic knowledge of nutrition ① Nutrients
- [2] Basic knowledge of nutrition ② Pharmacokinetics
- [3] Easy food science ① Vegetable food (1) Cereals, vegetables
- [4] Easy food science ② Vegetable food (2) Pulses, fruits, others
- [5] Easy food science ③ Animal food, other food
- [6] Life Stage and Nutrition ① Infant period, early childhood, school age
- [7] Life Stage and Nutrition ② Adulthood, Pregnancy, Lactation
- [8] Life Stage and Nutrition ③ Menopause, Elderly
- [9] Easy Clinical Nutrition ① Cardiovascular diseases, digestive organ diseases
- [10] Easy Clinical Nutrition ② Diabetes, Dyslipidemia
- [11] Easy Clinical Nutrition ③ Anemia, cancer, etc.
- [12] Lifestyle and Nutrition · Athlete's Nutrition
- [13] eating habits seen from the environmental aspect
- [14] nutrition information
- [15] Exam, Summary