

Nutrition for Sports and Health1

Syllabus Number

5H270

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 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.

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 science of nutrients and movement in the body. (Knowledge / understanding)

Students can practice in their daily lives while being aware of the dietary habits that affect human health. (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] 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 aspect⑥ 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