

NTR 205 Nutrition for Sports and Fitness

NUTRITIONAL ASPECTS

Cognitive Domain

- 4 Lists the primary organizations responsible for nutritional information.
- 5 Identifies the nutritional considerations in rehabilitation, including nutrients involved in healing and nutritional risk factors.
- 19 Describes and applies the principle of caloric balance.
- 24 Explains the referral system for individuals with disordered eating.
- 25 Describes the differences between saturated, unsaturated, and polyunsaturated fats and the effects of each on diet, performance, health care, heart disease, diabetes, and cancer.
- 26 Describes the signs, symptoms, and physiological effects of iron deficiency and anemia and identifies foods that enhance iron absorption and are high in iron.
- 27 Demonstrates how to determine the recommended daily allowances and identifies common food sources of essential vitamins and minerals.

Psychomotor Domain

- 3 Designs a pre-participation meal.

NUTRITIONAL ASPECTS

Cognitive Domain

- 1 Describes personal health habits (hygiene, diet, nutrition, weight control, proper amount of sleep, effects of alcohol, tobacco, and drugs) and their role in preventing injury or illness and in maintaining a healthy lifestyle.
- 2 Constructs methods to determine the recommended daily allowances (RDAs) of a healthy diet for athletes and others involved in physical activity.
- 3 Describes the nutritional food pyramid and explains its use.
- 6 Explains the importance of good nutrition in enhancing performance and preventing injury and illness.
- 7 Describes the common illnesses and injuries that are attributed to poor nutrition.
- 8 Evaluates the energy and nutritional demands of specific activities and the nutritional demands placed on athletes and others involved in physical activity.
- 9 Delineates the effects of poor dietary habits on bone loss, injury, and long-term health.
- 10 Applies the principles of nutrition, including the roles of fluids and electrolytes, vitamins, minerals, ergogenic aids, macronutrients, carbohydrates, protein, fat, and dietary supplements, as they relate to the dietary and nutritional needs of athletes and others involved in physical activity.
- 15 Recognizes the implications of FDA endorsement of nutritional products.
- 17 Analyzes the principles of weight control, including body fat percentage, caloric requirements, effects of exercise, and fluid loss.
- 18 Identifies the consequences of improper fluid replacement.

Psychomotor Domain

- 4 Includes the proper percentages of carbohydrates, protein, and fat in a diet based on age, gender, and type and level of physical activity.