

# THPY1101 - Nutrition and Wellness

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| Credits:           | 2 (2/0/0)  |
| Description:       | This course is designed to introduce the student to the science of nutrition and the study of food nutrients and other substances, their action, interaction and balance. Special emphasis is placed on the interrelationship between diet, nutrition, health and disease.   |
| Prerequisites:     |  |
| Corequisites:      |  |
| Pre/Corequisites*: |  |
| Competencies:      | <ol style="list-style-type: none"> <li>1. Identify the six major nutrients, their functions in the human body, dietary sources and their importance in health.</li> <li>2. Name the parts and functions of the human digestive system.</li> <li>3. Develop the skills to discern reliable nutrition information from fads and nutrition quackery.</li> <li>4. Design a personalized healthy meal plan that can be utilized daily.</li> <li>5. Recognize and improve unhealthy meal plans.</li> <li>6. Evaluate the benefits and the limitations in vegetarianism and its role in health promotion. Learn to plan a balanced vegetarian diet.</li> <li>7. Identify and evaluate the economic and business opportunities of select nutritional topics, nutraceuticals, food safety technologies and phytonutrients.</li> <li>8. Compare and contrast weight control plans, identifying where they may create disorders and dietary deficiencies.</li> <li>9. Create and begin a physical fitness regime.</li> <li>10. Recognize the nutritional requirements and the reasons for these in each phase of the human life cycle.</li> <li>11. Identify the scope of practice of massage and bodywork in relation to a wellness model.</li> <li>12. Describe the effect of nutrition and life style habits on the performance of massage and bodywork techniques.</li> </ol> |
| MnTC goal areas:   | None   |

\*Can be taking as a Prerequisite or Corequisite.