

The Learning Company
Exercise & Nutritional Physiology – Student Outline

COURSE DESCRIPTION:

This course will provide an understanding of basic concepts of exercise physiology, the role of macro nutrients, the role of micronutrients, the role of fibre, and basic nutritional concepts.

DURATION: 50 Hours

TEXTBOOK/RESOURCES:

- Materials online and other provided by the Instructor

COURSE OBJECTIVES:

After completing this course, you will be able to:

- Understand concepts of food choices and human health, the role of macro nutrients, micronutrients, fiber, vitamins and minerals and basic nutritional concepts
- Recognize nutritional risks and benefits

KEY TOPICS:

- Nutrition Overview
- Carbohydrates, Lipids, Proteins and Fibre
- Vitamins and Minerals
- Weight Control, Exercise Physiology
- Diets and Eating Disorders
- Allergies and Food Sensitivities
- Digestive Diseases

EVALUATION:

Each student's performance is evaluated based on the satisfactory completion of all exercises and assignments to the standard set by the instructor as well as achieving a passing grade on all tests. The passing grade for this subject is 70%.

Assignments,	20%
Tests	40%
Final exam	<u>40%</u>
Total	100%