

Individual and Sports Nutrition
Instructor – Ms. Spencer-Nelson

Overview of Class:

1. Units/Chapters of Study

- a. **“Exploring Food Choices” – Chapter 1**
 - i. Why do you eat the foods you eat?
 - ii. What is ergonomics?
- b. **“Kitchen Principles” – Chapter 7**
 - i. Kitchen Safety and Sanitation
 - ii. Terms and Definitions
 - iii. Lab Expectations
 - iv. Measurement
 - v. Food Borne Illnesses
 - vi. Recipe Skills
- c. **“Nutrition Assessment”**
 - i. MyPyramid.gov
 - ii. NAT
 - iii. Sportsnutritionclinic.com
 - iv. Waist/Hip Ratio
 - v. BMI
 - vi. Bio Impedance
- d. **“The Nutrients You Need” – Chapter 2**
 - i. Benefits of Good Nutrition
 - ii. Benefits of Breakfast
 - iii. The 6 Main Nutrients
 - 1. Essential Energy Nutrients
 - a. Carbohydrates
 - b. Proteins
 - c. Fats
 - 2. Other Essential Nutrients
 - a. Vitamins
 - b. Minerals
 - c. Water

2. Labs

- a. **Labs will be used to enhance the unit of instruction.**
 - i. Understand proper measurement
 - ii. Safety & Sanitation
 - iii. Understand components of nutrients
 - iv. Understand team work in a kitchen setting
 - v. Understand time management skills

3. **Instructional Enhancement**
 - a. **University of Nebraska Tour**
 - i. **Sports Nutrition Center**
 - ii. **Tour of Sports Complex**
 - iii. **Food Science Department**
4. **Methods of Assessment and Evaluation**
 - a. **Worksheets**
 - b. **Notes/Portfolio**
 - i. **Daily Lectures**
 - ii. **Videos**
 - c. **Pop Exams/"Old Business"**
 - d. **Group Activities**
 - e. **Labs**
 - f. **Exams**
5. **Semester Exam**
 - a. **The semester exam covers the entire semester from day 1 of class. It is highly suggested you keep all materials given to you. This includes:**
 - i. **All materials covered in class**
 - ii. **All exams**
 - iii. **All notes**
 - iv. **All handouts**

Text for Instruction:

- **Food for Today 8th Edition, Helen Kowtaluk & Alice Kopan, M.Ed., M.A., CFCS**
- **Understanding Nutrition 6th Edition, Eleanor Noss Whitney & Sharon Rady Rolf – supplemental text used for chapter 2**