

Course Name: REC111 Health and Wellness
Credit Value: 3
Prerequisite Course: None

Course Description

This course introduces students to the concepts of health and wellness, and provide program-related information on sports nutrition, components of fitness, weight management in sports, disordered eating patterns, how to identify nutrition misinformation, sport supplements, ergogenic aids and stress management.

PLAR Information

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Course Learning Outcomes

Upon completion of this course, the student will have reliably demonstrated the ability to:

- 1. Understand the concepts of health and wellness.**
 - 1.1 Define and differentiate between physical activity, physical fitness, health and wellness.
 - 1.2 List and explain the four concepts of health:
 - a. Social health.
 - b. Mental health.
 - c. Emotional health.
 - d. Spiritual health.
 - 1.3 Outline the seven components of wellness.
 - 1.4 Discuss the relationship between nutrition, physical fitness and wellness.
 - 1.5 Assess one's own health risk(s) and develop a plan to improve health and wellness.
- 2. Understand the components of fitness and how these components related to optimum health and wellness.**
 - 2.1 Define and explain the five basic components of physical fitness:
 - a. Cardiorespiratory endurance
 - b. Muscular strength
 - c. Muscular endurance
 - d. Flexibility
 - e. Body composition.
 - 2.2 Discuss the benefits of physical activity.
 - 2.3 Understand the FITT Principle.
 - 2.4 Complete a physical fitness profile using an assigned document.
- 3. Identify the major nutrients and the role of nutrition in a healthy lifestyle.**
 - 3.1 Define the science of nutrition.
 - 3.2 List the six major nutrients.
 - 3.3 List the major functions of each of the six nutrients.
 - 3.4 Compare carbohydrate, protein and fats in terms of how each provides energy to the body.
 - 3.5 Discuss the role of vitamins in the body.
 - 3.6 Discuss the role of minerals in the body.
 - 3.7 Discuss the role of water and its functions in the body.
 - 3.8 Explain the importance of fluids and how health and performance are affected by hydration.
 - 3.9 Define the term, energy.
 - 3.10 Describe how ATP is converted to energy in the body.
 - 3.11 Discuss how the various energy-yielding nutrients provide the most efficient supply of energy to the body.
 - 3.12 Examine Canada's Food Guide to Healthy Eating.
 - 3.13 Understand the four major food groups, portion sizes and total daily servings required for health.
 - 3.14 Analyze one's personal dietary habits using assigned nutritional analysis software.
 - 3.15 Demonstrate the ability to read and to analyze nutritional content of foods using the Nutrition Facts table.

4. Understand the importance of sports nutrition as it relates to training, competition, recovery and hydration for athletes.

- 4.1 Understand the characteristics of and be able to design an effective training diet.
- 4.2 Understand the principles of and be able to design an athletic diet for the days leading up to, during and after a competition.
- 4.3 Explain the importance of fluids in an athletic diet, including the role of water, sports drinks and diuretics.
- 4.4 Define the following terms:
 - a. Electrolyte.
 - b. Body water balance.
 - c. Dehydration.
 - d. Hypohydration.
 - e. Euhydration.
 - f. Hyponatremia.
- 4.5 Evaluate what constitutes a vegetarian diet in sports nutrition.
- 4.6 Discuss the advantages of a vegetarian diet to an athlete.
- 4.7 Develop a vegetarian diet for an athlete.
- 4.8 Design a diet and fluid intake for an athlete.

5. Examine the role of body composition in athletic performance.

- 5.1 Discuss the primary components of body composition.
- 5.2 Examine the impact of body composition on overall health.
- 5.3 Define obesity and examine disorders and diseases associated with excess weight.
- 5.4 Investigate various methods of determining body composition, including underwater weighing, bioelectrical impedance analysis and dual energy X-ray absorptiometry.
- 5.5 Examine the importance of body composition for athletic performance.

6. Discuss the importance of weight management in sports and in overall health.

- 6.1 Explain the importance of weight management in overall health and for an athlete.

- 6.2 Explain the difference between subcutaneous and visceral fat.
- 6.3 Explain the potential benefits of lowered body fat in sport.
- 6.4 Discuss reasons why athletes choose to lose weight.
- 6.5 Understand how exercise aids in weight reduction.
- 6.6 Explain briefly the following:
 - a. Basal metabolism.
 - b. Total energy requirement.
 - c. Body mass index (BMI).
- 6.7 Identify desirable BMI ranges for men and women.
- 6.8 List important characteristics that an energy controlled diet should contain for effective, sustainable weight loss.

7. Investigate various disordered eating practices.

- 7.1 Compare and contrast the terms, eating disorder and disordered eating.
- 7.2 List common characteristic eating behaviours of individuals who suffer from eating disorders.
- 7.3 Discuss the red flag personality traits that are present among athletes who have disordered eating patterns.
- 7.4 Define the following:
 - a. Anorexia nervosa.
 - b. Bulimia nervosa.
 - c. Female athlete triad.
 - d. Amenorrhea.
 - e. Binge eating disorder.
 - f. Muscle dysmorphia.
- 7.5 List common signs and symptoms of the above-mentioned conditions.
- 7.6 Discuss suggestions to resolve disordered eating patterns and how to assist in the prevention of eating disorders.

8. Examine the role of nutrition misinformation.

- 8.1 Define the term, nutrition misinformation.
- 8.2 Explain how you can help to identify food quacks and faddists and discuss methods used to promote their products.
- 8.3 List problems that can occur as a result of nutritional misinformation.
- 8.4 Research common "fad diets" in the current marketplace.
- 8.5 Discuss weight loss myths and truths.

9. Understand the role of sports supplements, ergogenic aids, and chemicals in sports and how they relate to athletic performance.

- 9.1 Explain the differences among the following terms:
 - a. Sport foods.
 - b. Sport supplements.
 - c. Ergogenic aids.
- 9.2 Discuss common foods, supplements and ergogenic aids that are available in the current marketplace, as well as their advantages and disadvantages.
- 9.3 Discuss the concept of sport doping.
- 9.4 Discuss common nutrition supplements used for sports injury recovery.
- 9.5 Differentiate between drug use, misuse and abuse, and provide examples of each.
- 9.6 Discuss alcohol abuse and its effects on the body.
- 9.7 Discuss the prevalence of tobacco use and its effects on the body.
- 9.8 Discuss strategies to assist athletes in dealing with chemicals.

10. Examine the role of stress and stress management as it relates to a healthy lifestyle.

- 10.1 Define the following terms:
 - a. Stress.
 - b. Stressor.
 - c. Stress reactivity.
 - d. Distress.
 - e. Eustress.
 - f. Adaptation.
 - g. Strain.
 - h. General adaptation syndrome.
 - i. Psychosomatic disease.
- 10.2 List sources of stress and differentiate between distress and eustress.
- 10.3 Describe the bodily changes that occur when a person experiences stress.
- 10.4 Discuss methods to cope with stress.
- 10.5 Examine time management as a method to cope with stress.
- 10.6 Discuss the role of exercise in the management of stress.
- 10.7 Develop a plan to cope with various stressors in one's life.

Evaluation Strategy

Grading System

A+ Honours	90-100%							
A+	85-89%	B+	75-79%	C+	65-69%	D+	55-59%	R Repeat U Unsatisfactory
A	80-84%	B	70-74%	C	60-64%	D	50-54%	S Successful I Incomplete

*For a complete detailed description please refer to the *Academic Calendar*.

Student Success

(Dial 5185 for Campus Life or 5301 for the Aboriginal Learning Unit)

Canadore is committed to Student Success and offers CONFIDENTIAL services to help you in your studies.

- Counselling helps with academic, career and personal/crisis issues.
- AccessAbility Services will accommodate you if you have physical, mobility, visual, auditory, medical and/or learning disabilities.
- Health Centre provides services to you in case of illness.
- Career Services offers career advice, resume and interviewing workshops.

Waiver of Responsibility

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