

MIDTOWN INC. PROPOSAL COVER SHEET

CARLYSS DESCRIPTION

FN 140 Nutrition and Wellness

3 credits



14. identify the factors that lead to stress and choose appropriate stress management strategies.

III COMPREHENSIVE EXAM

- d. Eat Foods With Adequate Starch and Fiber (and relationship to cancer)
 - e. Avoid Too Much Sugar
 - f. Avoid Too Much Sodium
 - g. If You Drink Alcohol, Do So In Moderation
- B. Fitness (3 weeks; includes 6 hours of lecture and 3 hours of laboratory experience.)
- 1. Basics of exercise

- d. Nutrition misinformation as related to fitness.
- e. The effect of alcohol, drugs, and caffeine on athletic performance.

C. Stress (2 weeks: includes 6 hours of lecture and no laboratory

Results of too much stress

1. Reading and Understanding Food and Nutrition Labels
2. Assessing "Health Foods"

4. Herbert, V., Nutrition Cultism, 1981.
5. Stare, FJ, Whelan, EM. The 100% Natural, Purely Organic, Cholesterol-Free, Megavitamin, Low-Carbohydrate Nutrition Hoax, 1983.

Students electing the optional laboratory in biochemical assessment will be expected to pay a laboratory fee of approximately \$15.00.

Horton, E.S. and R.D. Terjung: eds. Exercise Nutrition and Energy

COURSE ANALYSIS QUESTIONNAIRE

Section A: Details of the Course

- A1. This course meets the requirements for a core course in the Health and Wellness Knowledge Area of Liberal Studies courses at IUP and is intended for inclusion in the Liberal Studies course list. This course is a new offering of the Department of Food and Nutrition and will not meet the

B2. No additional or corollary courses are needed with this course. However

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Liberal Studies Form -- 2

PART II. WHICH LIBERAL STUDIES GOALS WILL YOUR COURSE MEET? Check all that apply and attach an explanation.

All Liberal Studies courses must contribute to at least one of these goals; most will meet more than one. As you check them off, please indicate whether you consider them to be primary or secondary goals of the course. [For example, a history course

Addition to Part II, Sections A through D, Liberal Studies Course Approval Form.

A1 EN 140 incorporates many aspects of these goals. The students will be

Liberal Studies Form -- 3

1. What is the purpose of the Liberal Studies program?

2. LIBERAL STUDIES? Please attach answers to these questions

A. If this is a multiple-section, multiple-instructor course, there should be a basic
syllabus (though not necessarily uniform) for all sections.

Addition to Part III Sections A through D Liberal Studies Courses Approval

Form.

A. To assure the basic equivalency of this multiple-section multiple-

Liberal Studies Form -- 4

F The Liberal Studies Criteria indicate six areas in which all courses should

Addition to Part III, Section E, Liberal Studies Course Approval Form.

E2. The seven laboratory experiences are the following:

CHECK LIST -- HEALTH AND WELLNESS

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Knowledge Area Criteria which the course must meet:

Addition to Part IV. Explanations for attached check list for Health and

1 We will provide students with an overview of the four areas of health: