

Course Outline HLTH 270

- I. Human Energy Production
 - A. Categories
 - 1. ATP/PCr
 - 2. Glycolysis
 - 3. Oxidative
 - B. Methods of Measuring
 - 1. Indirect Spirometry
 - 2. Direct Spirometry
- II. Energy Substrates
 - A. Protein
 - 1. Utilization Process
 - 2. Kcals per gram
 - 3. Appropriate percentages for various athletes
 - B. Fat
 - 1. Utilization Process
 - 2. Kcals per gram
 - C. Carbohydrate
 - 1. Utilization Process
 - 2. Kcals per gram
 - 3. Appropriate percentages for various athletes
- III. Digestion
 - 1. GI tract Anatomy
 - 2. Absorption rates
- IV. Temperature Regulation
 - A. Water
 - B. Electrolytes
- V. Fad Diets
 - A. Definition
 - B. Various Types
 - C. Possible Negative Health Effects
- VI. Body Composition
 - A. Definition
 - B. Methods of Measure
- VII. Weight Management
 - A. Effective and Safe Diets
 - 1. Methods to Increase Lean Mass
 - 2. Fat Loss