Student Learning Outcomes

Prevention and Health Promotion

- PHP 32 - Describe the role of nutrition in enhancing performance, preventing injury or illness and maintaining a healthy lifestyle.
- PHP 35 - Describe the proper intake, sources of, and effects of micro- and macronutrients on performance, health, and disease.
- PHP 36 - Describe current guidelines for proper hydration and explain the consequences of improper fluid/electrolyte replacement.
- PHP 39 - Describe changes in dietary requirements that occur as a result of changes in an individual’s health, age, and activity level.
- PHP 40 - Explain the physiologic principles and time factors associated with the design and planning of pre-activity and recovery meals/snacks and hydration practices.
- PHP 41 - Identify the foods and fluids that are most appropriate for pre-activity, activity, and recovery meals/snacks.
- PHP 42 - Explain how changes in the type and intensity of physical activity influence the energy and nutritional demands placed on the client/patient.
- PHP 45 - Describe contemporary weight management methods and strategies needed to support activities of daily life and physical activity.