

HESS/ITMA Certificate in Martial Arts Studies (v3.5)

SPECIALIZATIONM: Martial Arts and Nutrition

Explanation: This specialization is intended for full time undergraduate students at UNM (NOT a Minor)

- (A) **Student's Major** (e.g., Nutrition)..... 36 credits?
- (B) **1 Indep. Study** 02 credits
(to be offered at a later date)

(Note: Student examines various nutritional principles as they apply to the martial arts)

(C) **Martial Arts Activity Classes from HESS** **8 Credits Total**

Option I: Generalist Plan

Four activities FROM:

1. Aikido _____
2. Kung Fu _____
3. Jujutsu _____
4. Self Defense _____
5. Tai Ji _____
6. Karate _____
7. Judo _____ (Not yet available)

Option II: Specialist Plan

One activity taken four times FROM:

1. Aikido _____
2. Kung Fu _____
3. Jujutsu _____
4. Self Defense _____
5. Tai Ji _____
6. Karate _____
7. Judo _____ (Not yet available)

(D) 12 Credit hrs in Nutrition (prerequisites apply)

Examples include:

120. Nutrition for Health. (3)

General concepts of nutrition applied to food choices that support health. Cultural, psychological and economic implications of food choices.

244. Human Nutrition. (3)

This course provides an overview of all the nutrients including function in the body and food sources. Dietary guidelines intended to promote long term health are stressed.

Prerequisite: BIOL 123 or 201 or CHEM 111L or 121 and 123L.

344. Energy Nutrients in Human Nutrition. (3)

Carbohydrate, fat and protein in human nutrition. Emphasis includes digestion, absorption, metabolism, food sources and dietary recommendations. Implications for health promotion and disease prevention.

Prerequisite: 244 and (CHEM 212 or 301).

345. Vitamins and Minerals in Human Nutrition. (3)

Water and fat-soluble vitamins, macrominerals and trace minerals in human nutrition. Emphasis includes absorption, metabolism, food sources, dietary recommendations, deficiencies and nutrient interactions. Implications for health promotion and disease prevention are explored.

Prerequisite: Nutrition 344.

Total Credit Hours (major not included) = 20-22

NOTE: A 2 credit Indep. Study may be offered at a later date