



**LUMS**

Centre for Continuing  
Education Studies

<b>Course Title</b>	<b>Nutrition and Wellness</b>
<b>Course Length</b>	6 Weeks
<b>Target Audience</b>	Individuals interested in learning about improving wellness from a holistic perspective (i.e., mind, body, spirit)
<b>Prerequisites (if any)</b>	None
<b>Language of Instruction</b>	English

### Course Description

In this course, students will focus on health from three perspectives: mind, body, and spirit. The foundation of the course is the understanding of the building blocks of nutrition. This will help participants grasp the components that should be included in their diet and the appropriate proportions for each.

The course will cover diet and supplement recommendations for common conditions such as diabetes, improved immunity, stress, and allergies. Additionally, participants will analyse the diets and lifestyles of the longest-living cultures in the world. This analysis aims to provide them with the knowledge to implement these concepts for healthy aging.

### Course Learning Outcomes

	By the end of this course, the students should be able to:
LO1:	Identify the building blocks of nutrition and further understand the role of each essential nutrient in the body, identify factors that influence diet and further understand that diets vary based on individual biochemistry, climate, region, etc.
LO2:	Understand how specific diet and lifestyle practices can contribute to imbalances in the body, ultimately influencing wellness.
LO3:	Participants will be able to critique the nutritional information they are exposed to daily to make more informed choices about their diet.

Lecture	Module Name	Key Concepts/Topics Covered
1-6	Building blocks of nutrition	<ul style="list-style-type: none"> <li>• Macronutrients: Carbohydrates, Protein &amp; Fat</li> <li>• Micronutrients: vitamins &amp; minerals</li> <li>• Water</li> </ul>
7	Factors that influence the diet	<ul style="list-style-type: none"> <li>• Food groups</li> <li>• Components of a healthy diet</li> <li>• The 'ideal diet'</li> </ul>
8	Diabetes	<ul style="list-style-type: none"> <li>• Background on diabetes, diet and lifestyle contributors to adult-onset diabetes</li> <li>• Diet and lifestyle recommendations for diabetics</li> </ul>
9	Immunity and the liver	<ul style="list-style-type: none"> <li>• The association between nutrition and immunity</li> <li>• Foods that increase vs decrease immunity</li> <li>• Role of the liver in immunity</li> <li>• Diet and lifestyle recommendations to maintain liver health</li> </ul>
10	Allergies	<ul style="list-style-type: none"> <li>• What is an allergy symptom? The root cause of allergies</li> <li>• Diet and lifestyle recommendations for allergies</li> </ul>
11	Stress	<ul style="list-style-type: none"> <li>• Role of stress hormone in health</li> <li>• How to eat according to our body clock</li> </ul>

12	Healthy ageing	<ul style="list-style-type: none"><li>• Diet lifestyle of the longest-living cultures in the world</li></ul>
----	----------------	--