

WELLNESS, HEALTH, AND NUTITION 2019/2020 COURSE DESCRIPTIONS

(COURSES SUBJECT TO CHANGE)

FALL SEMESTER:

HPSMSO340 – Spa Operations and Management Experiential Learning, 6 Credits.

Description: This course provides a strong foundation of knowledge for anyone interested in learning about the spa community. Students taking this course will develop an understanding of the main skills required to manage and operate a profitable spa in the multifaceted spa industry. They will explore industry evolution from ancient civilizations to new frontiers of convergence that integrates spas, medicine, healthcare, tourism, and hospitality. A comprehensive overview of spa operations will be provided with an emphasis on current business models and perspectives on maximizing business success. Students will learn all aspects of the successful day-to-day operation of a spa as well as business strategies to employ for sustained growth and profitability in this constantly evolving industry. In-class discussion will focus on definition and market segmentation of spa categories including day, resort, medical, destination, hospital, and lifestyle management programs. Topics include: conceptual skills in management, operations, finance, human resources, marketing, products, treatments, and equipment from initial design and business planning process to opening a spa and managing operations and positioning for managed future growth. This course includes experiential learning hours with our Community Engagement Member Institutions (CEMI). CEMI are dynamic learning environments created to foster learning through a structured interaction with the community. In addition to regular lecture hours, students will be involved in learning by doing through real projects and integration with the local population and territory in order to remove cultural and learning barriers as well as to develop a strong likelihood for success in life. The experiential learning hours are fully supervised by instructors who track students step by step during their learning experience, monitor and advise according to student needs, and support student initiative. This unique learning model allows students to benefit from an all-encompassing educational experience based on theory and practice in real enterprises, learning of comprehensive operational processes, problem-solving, leadership, and management.

FWCAMD515 – Menu Development, 3 Credits.

Description: The planning and organization of a menu is one of the keys for the success of food service establishments. Starting from the consideration that food is strongly related to the social and cultural background, the course analyzes the gastronomic and nutritional trends of the last decades and how they have impacted food production, at any level. Food nutritional facts, food allergies and intolerances, the variety of eating habits are slowly changing foodservice approach when planning a menu. The course explores the history of menus and their development and offers students an overview of a variety of menus commonly offered. The goal of the course is to analyze all factors that contribute to the success of a good menu planning, starting from the relationship between the menu and marketing and continuing through the many steps that are necessary to provide an accurate, complete and functional work. Advertising, market search, suppliers and products search, cost and labor control will be fully covered and students will learn how staff, equipment, and facility can impact a menu. Emphasis will be placed on contemporary nutritional habits and on patrons expectations when eating out. Students will be involved in the comparison of local foodservice establishments menus with an analysis of the nutritional balance of their dishes.

GSHSHW210 – The Science of Happiness: Skills and Wellbeing, 3 Credits.

Description: This course focuses on individual skills to succeed in social and personal life. It provides an introduction to the science of happiness, integrating findings from positive psychology, behavioural genetics, neuroscience, and behavioural economics. The course offers a set of tools and techniques to transform problems into learning opportunities and to develop and apply strategies and skills that promote overall progress in a person's psychological, physical, and social well-being.

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FWCAVC504 – Cooking Light: Contemporary Techniques for Healthy Living, 3 Credits.

Description: The last 40 years of food service have been characterized by a slow yet constant development of nutritional awareness and a more informed approach to food. The aim of the course is not only to offer students techniques for a healthier approach to cooking: this course will focus on cooking techniques that can be applied in order to reduce fat consumption and at same time become the emblems of contemporary cuisine. Flavor-extraction methods, flavoring methods, pressure cooking and sous vide cooking, marinades and brines and the use of alternative fats are nowadays the base of contemporary Chefs' creations: students will learn how these techniques can be used to develop a fine dining cuisine that can be healthier yet not necessarily health-fanatic. This course includes experiential learning hours with our Community Engagement Member Institutions (CEMI).

FWDNFW380 – Health, Fitness, and Wellness in Italy, 3 Credits.

Description: Wellness is the search for enhanced quality of life, personal and potential growth, through the choice of positive lifestyle behaviors and attitudes. Health can be improved on a daily basis by taking responsibility for our own well being. This course will teach students how our state of wellness is deeply influenced by a variety of factors including nutrition, physical activity, stress-coping methods, good relationships, and career success. Emphasis will be placed on the benefits of a constant and planned physical activity and on the understanding how each of these benefits is important to long-term health. The course provides students with the basic knowledge of primary (cardiorespiratory ability, muscular ability, flexibility, and body composition) and secondary (balance, coordination, agility, reaction time, speed, power, mental capability) components of fitness as well as the basics of anatomy. The course will teach students how to combine a targeted nutrition and physical activity for the pursue of good health as well as develop physical skills that also enhance the psychological and emotional well being. Emphasis will be placed on the differences between health-related fitness and skill-related fitness. The course includes physical activity sessions focused on general physical wellness.

SPRING SEMESTER:

Course Descriptions Coming Soon!

- Day Spa Operational Experiential Learning (session I)
- Nutritional Cooking (session I)
- Yoga Therapy: Philosophy and Practice (session II)
- Dietetics and Nutrition in the Mediterranean (session III)
- Personal Training and Wellness (session IV)