

BIOL129C : Introduction to Sports Nutrition

an introduction to the basic nutritional needs of those involved in individual and team sports. General nutrition topics will be interspersed with specific requirements and recommended intakes for athletes at all levels and ages. A variety of sporting activities, including those involving both endurance and strength athletes, will be covered. (Course is intended for non-science majors).

Credits 3

Lab/Practicum/Clinical Hours 0

Lecture Hours 3

Recommended Prerequisites

high school Biology

Learning Outcomes

Upon completion of this course, students will:

1. Apply the scientific method.
2. Explain the basic concepts of diet planning.
3. Describe the classification of, normal metabolism of, and recommended intakes and appropriate food sources of each of the following major nutrient classes: carbohydrates, lipids, proteins, vitamins, minerals, and water.
4. Determine recommendations and appropriate intakes of the above nutrients as they relate to a variety of athletic activities.
5. Evaluate weight management techniques, including the role of diet and exercise for the loss, gain and maintenance of body mass.
6. Research and analyze popular ergogenic aids.
7. Assess recommendations and special considerations for dietary intakes and physical activity throughout the human lifespan.