



School of Nursing and Health Professions Syllabus



Term:

Credits: 3

Office Hours:

Course Code: EXS-115

Office Location:

Title of Course: Sports Nutrition

Email:

Days & Times:

Phone:

Location:

Prerequisites: Exit Basic Math and Basic English or

Instructor:

ESL

COURSE DESCRIPTION:

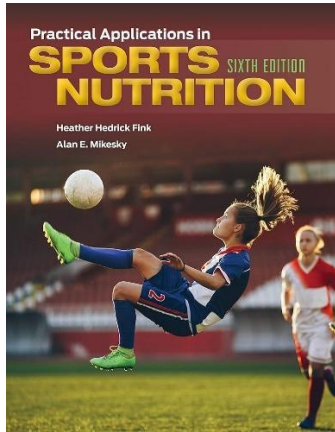
This course is an introductory study of nutrition. Sports nutrition incorporates the principles of biochemical and physiological processes related to cells and tissue responses to exercise. This course includes specific applications of nutritional theory to help individuals reach and maintain maximum sports performance. Students learn the basics of sports nutrition and how to apply this knowledge to their own active lifestyles. Additionally, this course examines vitamins, nutritional supplements, body composition, weight management and eating disorders in both male and female athletes.

COURSE OBJECTIVES:

1. Describe how the body uses and stores energy.
 1. Define the metabolic pathways that supply energy for muscle contraction.
 2. Identify the nature and size of body fuel stores.
2. Define nutrients that serve as body fuel and other key functions for sports.
 1. Identify the factors involved in the control of fuel mobilization and utilization.
 2. Describe the various components of human energy expenditure in active and inactive persons.
3. Assess personal daily calorie and nutrient needs to maintain healthy weight and an active lifestyle.
 1. Identify the components required for an accurate assessment of a person's needs.
 2. Describe appropriate assessment tools available.
4. Design a daily food intake appropriate for specific sport and sustainable health.
 1. Develop a sequence of assessment tests to be used in designing a meal plan.
 2. Perform assessments and evaluate the data.
 3. Create a personalized food and exercise plan

TEXTBOOK REQUIRED:

Fink, H.H., & Mikeskey, A.E. (2021). *Practical Applications in Sports Nutrition*. (6th Ed). Jones and Barlett Learning. ISBN: 9781284181340



EVALUATION METHODS:

- **Participation** **10%**
- **Discussions** **10%**
- **Assignments** **20%**
- **Quizzes** **30%**
- **Tests (2)** **30%**

WEEKLY OUTLINE:

Week	Topic	Learning Outcomes (L.O)
1	Introduction to Sports Nutrition & Energy Metabolism	SLO 1.1
2	Introduction to Sports Nutrition & Energy Metabolism	SLO 1.1
3	Macronutrients	SLO 1.2
4	Macronutrients	SLO 1.2
5	Macronutrients	SLO 1.2
6	Macronutrients	SLO 1.2
7	Macronutrients	SLO 1.2
8	Muscular Fitness	SLO 2
9	Hydration and Nutritional Ergogenics	SLO 2.1
10	Hydration and Nutritional	SLO 2.1

	Ergogenics	
11	Nutritional Consultation and Weight Management	SLO 3.1
12	Nutritional Consultation and Weight Management	SLO 3.1
13	Strength/Power and Team Sport Athletes	SLO 4
14	Endurance Athletes and Special Considerations	SLO 4
15	EXAM	FINAL EXAM

HCCC POLICIES, STATEMENTS, AND SERVICES:

<https://www.hccc.edu/administration/academic-affairs/syllabus-addendum.html>