

- x Understand body composition methodology
- x Develop nutrition/activity programs for optimal health and body composition
- x Access and interpret the nutrition research literature

REQUIRED TEXTBOOK: M Dunford & JA Doyle. Nutrition for Sport & Exercise, Cengage (5th ed), 2022; select readings from periodicals including, but not limited to, American Journal of Clinical Nutrition, Applied Physiology, Nutrition and Metabolism, International Journal of Sport Nutrition & Exercise Metabolism, and Journal of Applied Physiology, American Journal of Physiology.

Note: You are not required to purchase the text but you are required to read the assigned chapters; 4th edition is acceptable, although some new information is not included. All required readings will be posted on OWL.

COURSE CONTENT

| Topic | Text |
|--|-------------|
| 1. Introduction (Exercise Metabolism, Energy Demands, Assessing Nutritional Status, Importance of Research, Basic Nutrition) | Chapt 1,2,3 |
| 2. Fuel Use During Exercise - Carbohydrates | Chapt 4 |
| - Fats | Chapt 6 |
| 3. Protein/Amino Acid Needs of Athletes | Chapt 5 |
| 4. Micronutrient (Vitamin, Mineral) Needs of Athletes | Chapt 8,9 |
| 5. Fluid/Electrolyte Needs of Athletes | Chapt 7 |
| 6. Dietary Supplements for Health & Athletic Performance | Chapt 10 |
| 7. Changing Body Size/Composition | Chapt 11 |
| 8. Summary/Review | |

Course Evaluation: 3 quizzes and a final exam (see below) will determine the final course grade. All quizzes will be in class and it is assumed that students will make every effort to attend these scheduled quizzes. This is important as the course material builds over the semester so falling behind makes it increasingly difficult to understand subsequent units. If a quiz is missed, its value will be added to the next evaluation. Missing the final exam, without appropriate documentation, will result in a grade of zero. Acceptable reasons for missing a quiz/exam include documented hospital stays, serious illness, family emergencies (serious accidents, illness or death) etc.

| Course Evaluations | % of Final Grade* |
|---|-------------------|
| Diet Analysis Assignment Quiz (Sept 28) | 10% |
| Midterm Quiz (Oct 26) | 25% |

responsibilities may, on occasion, be impaired by extenuating circumstances that

