

# Global Learning Semesters

## Course Syllabus

Course: SPSC-330 Sports Nutrition

Department: Liberal Arts

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
SPSC-330	Sports Nutrition	3
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	SPSC-210, SPSC-215, SPSC-250
Department	Level of Course	Language of Instruction
Liberal Arts	Upper Division	English

### Course Description

This course addresses the nutrition needs of active people and athletes. Course topics include carbohydrate, protein, fat, vitamin, mineral, and water requirements for fitness and sport. Weight control, popular nutritional supplements, and ergogenic aids used by sporting people and athletes will also be reviewed. Coverage of appetite and the psychology of food choice will help students to apply their knowledge to real-world situations.

### Prerequisites

SPSC-210, SPSC-215, SPSC-250

### Topic Areas

1. Introduction to Nutrition for Health, Fitness & Sport Performance.
2. Healthful Nutrition for Fitness and Sport.
3. Human Energy.
4. Computer Dietary Analysis Techniques – 3-7 Day Dietary Analysis
5. Energy Nutrients (Carbohydrates, Fats, and Proteins)
6. Essential Nutrients (Vitamins, Minerals, Water, Electrolytes & Temperature Regulation).
7. Body Weight and Composition for Health and Sport.
8. Weight Maintenance, Loss and Gain through Proper Nutrition and Exercise
9. 5-day Computer Dietary Analysis of 3 athletes.

### Learning Outcomes

On completion of this module students should be able to:

1. Recognize special physiological demands of various levels of physical activity.
2. Determine energy needs for specific types of physical activity.
3. Analyze fluid intake required for various levels and types of physical activity.
4. Understand the nutritional requirements for physical activity.
5. Understand the relationships between diet and training for optimum performance.
6. Plan diets for achievement of optimum and peak performance.
7. Understand current controversies in sport nutrition.
8. Discuss human nutrition with other health professionals.

### Assessment

Midterm Examination:	(20%)
Final Examination:	(40%)
Essay/Assignment/Practical:	(30%)
Attendance/Participation:	(10%)

## Readings and Resources

### Required Textbooks

1. Williams, Melvin H. (2005) Nutrition for Health, Fitness & Sport. (7<sup>th</sup> ed.), Boston: McGraw-Hill Higher Education. ISBN 0072441704.
2. Neumann, G (1999) Nutrition in Sport. Meyer & Meyer, Aachen.
3. Maughan, R.J. (2000) Nutrition in Sport Oxford, Blackwell.

### Recommended Textbooks

1. Burke, L. & Deakin, V, (2000) Clinical sports nutrition 2nd ed. McGraw- Hill, London.
2. COMA report (1991) Dietary reference values for food energy and nutrients for the United Kingdom. Department of health and social subjects 41. HMSO, London.
3. McArdle, W.D., Katch, F.I. and Katch, V.L. (2001) Exercise physiology, energy, nutrition and human performance 5th ed. Lea and Febiger.