جامعة الشرقية
A' SHARQIYAH UNIVERSITY

Course Descriptor
AHNP 492 Sport Nutrition

ACADEMIC YEAR	2018-2019	**SEMESTER**	Spring
Course Code & Title	**AHNP 492 Sport Nutrition**		
Credit hours	3 (3+0)	**Level of study**	Undergraduate
College / Centre	CAHS/FSHNN		
Co-requisites		**Pre-requisites**	AHND 460

1. COURSE OUTLINE

Basic theory related to nutritional requirements for all levels of athletic performance. Application of sports nutrition concepts for recreational to elite level athletes. Nutritional parameters of athletic performance including intervention planning, energy production, the energy nutrients, vitamins and minerals, principles of balanced diets, timing and composition of intakes, hydration, weight management strategies, and nutritional needs for special situations.

2. AIMS

On successful completion of the course, the students will be able to understand better the following topics:

a. Energy Systems
b. Hydration
c. Pre and post event nutrition
d. Weight management and body composition issues of athletes
e. Nutrition management of athletic teams
f. Current controversies of sport nutrition

3. LEARNING OUTCOMES, TEACHING, LEARNING and ASSESSMENT METHODS (Indicative)

For Individual project in Food Science and Human Nutrition

Learning Outcomes (Definitive)	Teaching and Learning methods (Indicative)	Assessment (Indicative)
1. Explain the relationship between physical activity, nutrition, metabolism and sport performance	Lectures and tutorials	Written examination, quizzes
2. Discuss the dietary challenges that athletes and other active people face.	Lectures and tutorials	Written examination, assignment
3. Investigate specialized areas of sports nutrition.	Lectures and tutorials	Written examination, quizzes
4. Determine the energy needs for specific types of physical activity.	Lectures and tutorials	Written examination, quizzes
5. Outline goals for nutrition	Lectures and tutorials	Written examination,

management of athletic teams.		assignment, quizzes
6. Identify current controversies in sport nutrition.	Lectures and tutorials	Written examination, assignment, term project

4. ASSESSMENT WEIGHTING

Assessment	Percentage of final mark (%)
Quizzes	10%
Athlete project and presentation	10%
Mid-Term Exam 1	20%
Mid-Term Exam 2	20%
Final Exam	40%
TOTAL	**100%**

5. ACHIEVING A PASS

Students will achieve **03** credit hours for this course by passing **ALL** of the course assessments and achieving a **minimum overall score of 50%**

6. RECOMMENDED READING

1. Sport Nutrition. Asker Jeukendrup, Michael Gleeson. 3rd Edition, 2018. Human Kinetics Publishers.

Library + online resources:

www.eatright.org
www.acsm.org/
www.ausport.gov.au/ais/nutrition
www.iaaf.org/about-iaaf/documents/medical