



Syllabus

NS 220 Sports Nutrition

General Information

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Department Health Science and Human Performance

Course Prefix NS

Course Number 220

Course Title Sports Nutrition

Course Information

Catalog Description This course presents the scientific basis for sports nutrition emphasizing the energy needs of activity and effect of dietary intake on performance. Special dietary requirements of specific sports and athletic activities will be taught. Topics will also include dietary ergogenic aids, nutritional supplements, weight control, dietary fads and myths, interaction of alcohol, caffeine and tobacco on an athlete's nutrition status. The class will also stress information for competitive athletes and people of all ages wishing to incorporate nutrition into a physically active lifestyle.

Credit Hours 3

Lecture Contact Hours 3

Lab Contact Hours 0

Other Contact Hours 0

Grading Scheme Letter

Prerequisites

NS 115

Co-requisites

None

First Year Experience/Capstone Designation

This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category

Natural Sciences (and Scientific Reasoning)

FLCC Values

Institutional Learning Outcomes Addressed by the Course

Vitality, Inquiry, Perseverance, and Interconnectedness

Course Learning Outcomes

Course Learning Outcomes

1. Categorize the role that each of the macronutrients and micronutrients has on physical activity and athletic performance
2. Examine the impact on physical activity and athletic performance when deficiencies of macronutrients or micronutrients are present
3. Identify accepted techniques for the assessment of body composition and energy balance
4. Examine the prevalence of disordered eating and eating disorders in male and female athletes
5. Categorize the efficacy of commonly used dietary supplements used by athletes to enhance performance

Outline of Topics Covered

- Introduction to Sports Nutrition
 - Diet and Exercise for Lifelong Fitness and Health
- Defining and Measuring Energy
 - Energy Systems and Exercise
 - Carbohydrates role in sports performance
 - Proteins role in sports performance
 - Fats role in sports performance
- Micronutrients and water in sport performance
 - Water and Electrolytes role in sports performance
 - Vitamins and Minerals role in sports performance
- Weight and Body Composition
 - Diet planning for athletes based on sport and body composition

- Safety and effectiveness of dietary supplements used by athletes
- Disordered Eating and Exercise Patterns in Athletes