

SCI 235 : Sports Nutrition

This course will help students gain a deeper appreciation for the role of sports nutrition in endurance and strength dependent activities, and strengthen decision making about food and supplement choices for individuals who desire sustained energy. Some of the concepts that will be discussed include how to build a high energy diet, the science of meal timing for optimal sports performance, the use of sports supplements and engineering sports foods, doping in sports and weight gain and weight loss for sports. Students will be encouraged to share their own sports.

Credits 3