The Hashemite University
Faculty of Allied Health Sciences
Department of Clinical Nutrition and Dietetics

Sport Nutrition

(140502447)
(First Semester 2020-2021)

Lecturer:

Dr. Narmeen Al-Awwad

Course Description:

This course expands upon basic nutrition concepts by exploring the unique nutritional needs of athletes. Course topics include energy requirements for resistance and endurance athletes, principles of a balanced diet, timing and composition of pre- and post-activity meals, vitamins and minerals, ergogenic aids, hydration and unique needs for various athletic groups.

Course Objectives

Upon completion of this course, students will be able to:
1. Discuss how the frequency, duration and intensity of activity influence the type of fuel used by the body.
2. Understand the effects of excess and/or deficiencies of various nutrients.
3. Analyze fluid intake required for various levels and types of physical activity.
4. Describe the biochemistry of nutrients during exercise.
5. Evaluate the quality of an athlete's diet and make recommendations for them to meet the nutritional demands of their sport.
6. Evaluate the potential benefits and/or risk of ergogenic aids.

Course Intended Learning Outcomes

Upon successful completion of this course, students are expected to achieve the following learning outcomes:

1. To understand the concept of sport nutrition, and recognize nutritional needs for athletes (energy, macro and micronutrients requirements).
2. To differentiate between the right and wrong sport nutrition information

Course Schedule:

No.	Topics
1	Introduction to Sports Nutrition
2	Defining and Measuring Energy
3	Energy Systems and Exercise
4	Carbohydrates
5	Proteins

6	**Fats**
7	**Water and Electrolytes**
8	**Vitamins**
9	**Minerals**
10	**Diet Planning: Food First, Supplements Second**
11	**Care of the Athlete With Type 1 Diabetes Mellitus**

Course Requirements:

Attendance: Regular and punctual. Habitual delay is intolerable. Anyone misses more than 15% of total lectures will be deprived from the final.

Tests: tests will consist of T & F, multiple choices, and short assay.

Assessment Methods:

Assessment method	Grade
Mid examination	**50**
Final examination	**50**
Total	**100**

Learning References:

Lecture notes, selected references, handouts, and websites special for each topic.
A. Dunford M and Doyle J. A. (2014). Nutrition for Sport and Exercise, 3rd Edition. Cengage Learning, USA
B. Position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance. *J Am Diet Assoc. 2009;109:509-527.*
C. Horton,WB and Subauste JS. Care of the Athlete With Type 1 Diabetes Mellitus: A Clinical Review. Int J Endocrinol Metab. 2016 April; 14(2):e36091. doi: 10.5812/ijem.36091.
D. Others

Good Luck