Common Course Outline
AEXS 134/HLTH 134
Nutrition for Sport and Exercise
3 Credits

Community College of Baltimore County

Description

AEXS 134/HLTH 134 – 3 credits – Nutrition for Sport and Exercise presents the principles, background, and rationale for current nutrition guidelines specifically for athletes. Students are exposed to the physiological science behind sports nutrition enabling them to assess the nutrient demands of athletes and active adults. Students gain a comprehensive understanding of nutrition as it relates to sport and the influence of nutrition on exercise performance, training, and recovery.

3 Credits

Prerequisites: ACLT 052 or ACLT 053; MATH 081

Overall Course Objectives

Upon completion of this course students will be able to:

1. demonstrate knowledge of basic nutrition;
2. analyze a diet for recommended intakes of nutrients;
3. distinguish the difference in nutrition for the athlete pre-workout, during workout and post-workout;
4. explain the process of digestion;
5. explain the role of macronutrients in energy production and the normal function of the body;
6. explain the role of micronutrients in the normal function of the body;
7. identify water requirements and principles of fluid balance;
8. assess the role of nutrition in rehabilitation and recovery;
9. describe the regulations surrounding nutritional supplements;
10. discuss the regulation of performance enhancing drugs (PEDs);
11. recognize the difference between weight management and body fat management;
12. identify the risks and consequences of eating disorders in athletics; and
13. explain the role of nutrition in maintaining a healthy immune system.

Major Topics

I. Science of sports nutrition
II. Nutrients and recommended intakes
III. Fuel sources for muscle and exercise metabolism
IV. Energy
V. Gastric emptying

A. Digestion
B. Absorption

VI. Macronutrients
VII. Water requirements
VIII. Micronutrients
IX. Nutrition supplements
A. Dietary supplements
B. Ergogenic aids
C. Performance Enhancing Drugs (PEDs)
X. Training adaptations
XI. Body composition
XII. Weight management
XIII. Eating disorders
XIV. Nutrition and immune function

Course Requirements

Grading procedures will be determined by the individual faculty member but will include the following:

Grading/exams

A minimum of two exams
A written nutrition assessment assignment
An in-class presentation of a topic related to sports nutrition

Written Assignments: Students are required to utilize appropriate academic resources.