

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

Community College of Baltimore County

Description

KNLS/HLTH 134 – Nutrition for Sport and Exercise is a course in which students explore the principles, background, and rationale for current nutrition guidelines specifically for athletes. Students discover the physiological science behind sports nutrition, enabling them to assess the nutrient demands of athletes and active adults specific to their sport. Students examine the influence of nutrition on exercise performance, training, and recovery.

3 Credits

Prerequisites: ACLT 053 or (ESOL 052 and ESOL 054) and MATH 081

Overall Course Objectives

Upon completion of this course students will be able to:

1. recognize the concepts of basic nutrition;
2. summarize the process of digestion;
3. explain the role of macronutrients in energy production and the normal function of the body;
4. describe the role of micronutrients in the normal functioning of the body;
5. identify water requirements and the principle of fluid balance;
6. analyze a diet for recommended intakes of nutrients;
7. distinguish the difference in nutrition for the athlete pre-workout, during workout, and post-workout;
8. identify nutritional needs for athletes with special dietary needs, illness, or injury;
9. assess the role of nutrition in rehabilitation and recovery;
10. discuss the regulations surrounding nutritional supplements and 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;
13. explain the role of nutrition in maintaining a healthy immune system; and
14. discuss the role of nutrition across the life cycle.

Major Topics

- I. Exercise Physiology and Nutrition
- II. Macronutrients
- III. Micronutrients
- IV. Water and Electrolytes

- A. Thermoregulation
- B. Fluid Balance
- V. Nutritional Strategies for Specific Athletes
 - A. Endurance
 - B. Strength
 - C. Power
- VI. Nutrition for Special Needs Athletes
- VII. Nutrition Supplements
 - A. Dietary Supplements
 - B. Ergogenic Aids
 - C. PEDs
- VIII. Weight Management and Body Composition
- IX. Eating Disorders
- X. Nutrition Across the Life Cycle

Course Requirements

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

Grading/exams

- A minimum of two exams
- One written nutrition assessment assignment
- One written meal planning assignment
- One in-class presentation

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

Other Course Information

This course is a cross listed course in Kinesiology (KNLS) and Health (HLTH). You will receive credit for only one course. This course is an elective in the Kinesiology and Health Education degree programs.

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