

Brief Course Description	The goal of this course is to equip the student with the tools necessary for counseling an athlete in the area of nutrition. Although this course is strongly sports oriented, it does contain useful information for those who are not as active.
Course Prerequisites	<ul style="list-style-type: none"> • Pediatric Nutrition • Adult Nutrition • Geriatric Nutrition • Fundamentals of Holistic Nutrition 1 • Nutritional Symptomatology • Environmental Pollution • Preventative Nutrition • Allergies and Nutrition • Human Anatomy • Human Physiology • Biological Studies • Fundamentals of Holistic Nutrition II • Fundamentals of Holistic Nutrition IIIA • Fundamentals of Holistic Nutrition IIIB • Nutritional Pathology • Psycho Nutrition • Chemistry • Biochemistry Part 1 • Biochemistry Part 2
Textbooks Required for this Course	Sports Nutrition Guidebook by N. Clarke
Equipment Required for this Course	N/A
Course Duration	Course is self paced, distance education. Approximately 40 hours of study.
Homework Hours	None.
Delivery Methods	Indicate how the course is delivered: <ul style="list-style-type: none"> <input type="checkbox"/> <i>On-site delivery.</i> <input checked="" type="checkbox"/> <i>Distance delivery.</i> <input type="checkbox"/> <i>Combined delivery (on-site and distance.)</i>

Instructional Method	Method of Delivery. (reflect all methods used.) Distance Education.	Contact Hours. Monday-Friday, 9am to 5pm
Learning Objectives/Outcomes	Upon completion of this course the successful student will have reliably demonstrated the ability to: After completing this course, you will be able to successfully map a nutrition plan for athletes.	
Student Progress/Assessment Methods	Students are assessed based on an open book examination at the end of the course, which is then submitted for marking. Students must score 80% to be considered successful.	
Attendance Expectations	N/A	
Dress Expectations (if applicable)	N/A	

Course Details

The following topics are covered in this course, summarizing the subject matter sufficient to achieve the learning outcomes for the course.

<u>Lesson:</u>	<u>Topics Covered</u>
1	Building a High Energy Food Plan
2	Food for Long Term Active Health
3	Breakfast – Key to a Successful Sports Diet
4	Lunch and Dinner – At Home, and on the Run
5	Snacking
6	Fueling – Before, During, and After Exercise
7	Carbohydrates to Fuel Muscles
8	Protein to Build and Repair Muscles
9	Your Body – Fat, Fit, or Fine?
10	Adding Bulk Without Fat
11	Weight Loss
12	Eating Disorders and Food Obsessions



Sports Nutrition
Course Outline
