

Course Outline

Course Code, Number, and Title:

NUTR 2500: Sports Nutrition

Course Format:

[Course format may vary by instructor. The typical course format would be:]

Lecture 3 h + Seminar 1 h + Lab 0 h

Credits: 3

Transfer Credit: For information, visit bctransferguide.ca

Course Description, Prerequisites, and Corequisites:

In this course, students will learn about the role of nutrition for health, fitness, and athletic performance. Topics covered include the basic principles of human nutrition and exercise; carbohydrate, fat and protein metabolism at rest and during exercise; energy balance and body composition; fluid and electrolyte balance; vitamin and mineral needs and issues for athletes; evaluation of sports foods, supplements and ergogenic aids, nutrition during training, competition and recovery; and nutrition assessment.

Prerequisite (s)

N/A

Corequisites

N/A

Objectives/Additional information

N/A

Learning Outcomes:

Upon successful completion of this course, students will be able to

- Comprehends the concepts of normal nutrition and nutrition balance
- Understand the processes of digestion, absorption, and transport of nutrients in the body
- Assess a sample diet for balance and quality of nutrients
- Understand and apply the Dietary Reference Intakes
- Make specific recommendations to improve a sample diet
- Read food label information to assess nutritional quality of a food
- Understand the basic mechanisms of energy metabolism
- Calculate the macronutrient requirements of particular athletes
- Comprehend the role and function of macronutrients in the body
- Understand functions and sources of micronutrients (vitamins and minerals)
- Know strategies for sport nutrition to enhance athletic performance
- Apply the recommendations for fluid and electrolyte balance in athletes
- Critically evaluate the evidence for and against ergogenic aids
- Demonstrate how to critically evaluate supplement and diet claims
- Know the recommendations and issues surrounding weight management among athletes
- Recognize risk factors of developing eating disorders

Instructor(s): TBA

Office: TBA

Phone: 604.323.XXXX

Email: TBA

Office Hours: TBA

Textbook and Course Materials:

[Textbook selection may vary by instructor.]

Note: This course may use an electronic (online) instructional resource that is located outside of Canada for mandatory graded class work. You may be required to enter personal information, such as your name and email address, to log in to this resource. This means that your personal information could be stored on servers located outside of Canada and may be accessed by U.S. authorities, subject to federal laws. Where possible, you may log in with an email pseudonym as long as you provide the pseudonym to me so I can identify you when reviewing your class work.

Assessments and Weighting:

Final Exam %

Other Assessments %

(An example of other assessments might be:) %

Information currently unavailable, please consult Department for details.

Grading:

Specific grading schemes will be detailed in each course section outline.

Information currently unavailable, please consult Department for details.

Detailed Course Schedule:

Information currently unavailable, please consult Department for details

As a student at Langara, you are responsible for familiarizing yourself and complying with the following policies:

College Policies:

[E1003 - Student Code of Conduct](#)

[F1004 - Code of Academic Conduct](#)

[E2008 - Academic Standing - Academic Probation and Academic Suspension](#)

[E2006 - Appeal of Final Grade](#)

[F1002 - Concerns about Instruction](#)

[E2011 - Withdrawal from Courses](#)

Departmental/Course Policies: