



<b>Course Code</b> NUTR-590	<b>Course Title</b> Advanced Sports Nutrition	<b>ECTS Credits</b> 7.5
<b>Prerequisites</b> None	<b>Department</b> Life & Health Sciences	<b>Semester</b> 2 <sup>nd</sup>
<b>Type of Course</b> Required	<b>Field</b> Dietetics/Nutrition	<b>Language of Instruction</b> Greek /English
<b>Level of Course</b> 2 <sup>nd</sup> Cycle	<b>Lecturer(s)</b> Dr Dona Hileti	<b>Year of Study</b> 1 <sup>st</sup>
<b>Mode of Delivery</b> Face to face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None

**Objectives of the Course:**

The main objectives of the course are to:

- To develop critical knowledge and understanding of Sports nutrition by reviewing theoretical, research and practice-based work
- To develop skills in critical analysis, particularly in relation to published research in this area
- To enhance students' perception of professional and ethical issues related to research and practice in Sports nutrition.

**Learning Outcomes:**

After completion of the course students are expected to be able to:

1. Plan diets for achievement of optimum and peak performance
2. Analyze fluid intake required for various levels and types of physical activity
3. Plan and program Sports-specific nutrition services for teams
4. Screen, assess, follow up, and monitor athletes and active individuals in a variety of settings, integrating both nutrition and Sports science principles and skills
5. Effectively integrate nutritional interventions into the annual training and competition plan of athletes at the elite and professional level
6. Provide Sports nutrition education to active youth in community settings (e.g., schools, after-school programs, clubs)
7. Plan, conduct, analyze, and interpret research in the field of nutrition for exercise and Sports
8. Synthesize scientific data and translate into practically meaningful information through a variety of communication channels (e.g., electronic and written materials, website development and hosting, audio-visuales, writing for magazines)

**Course Contents:**

1. Nutrition sources for athlete

2. Vitamins and minerals
3. Fluids and electrolytes
4. Ergogenic aids
5. Nutrition aspects of optimal performance
6. Factors affecting nutrient needs
7. Nutrition strategies for specific energy systems
8. Nutrition plan for specific Sports

**Learning Activities and Teaching Methods:**

Lectures, and Projects (Case studies, Oral presentations and Assignments)

**Assessment Methods:**

Midterm exam, Assignment, Final Examination

**Required Textbooks / Reading:**

Title	Author(s)	Publisher	Year	ISBN
Advanced Sports Nutrition 2 <sup>nd</sup> Ed.	Dan Benardot	Human Kinetics	2012 ISBN: 978-1-4504-0161-1	Print copy available
Exercise Physiology: Energy, Nutrition and Human Performance	W.D. MC Ardle, F.I. Katch, V.L. Katch	Lippincott W. & Wilkins, 6 <sup>th</sup> ed.	2006 ISBN: 0781749905	Print copy available

**Recommended Textbooks / Reading:**

Title	Author(s)	Publisher	Year	ISBN
Nutrition for Health, Fitness and Sports	M.H. Williams	McGraw-Hill Science, 8 <sup>th</sup> ed.	2006 ISBN: 007327058X	Print copy available
Clinical Sports Nutrition	L.Burke, V.Deakin	McGraw-Hill Book Company Australia	2006 ISBN: 0074716026	Print copy available