



Course Code SPSC-330	Course Title Sports & Exercise Nutrition	ECTS Credits 6
Department Sports Science	Semester Spring	Prerequisites SPSC-240
Type of Course Elective	Field Science of Sports	Language of Instruction Greek
Level of Course 1 st Cycle	Year of Study 2 nd -4 th	Lecturer Dr Hadjicharalambous Marios
Mode of Delivery face-to-face	Work Placement N/A	Co-requisites None
Recommended Optional Programme Components: N/A		

Objectives of the Course:

This course addresses the nutrition needs of active people and athletes. Course topics include carbohydrate, protein, fat, vitamin, mineral, and water requirements for fitness and sport. Weight control, popular nutritional supplements, and ergogenic aids used by sporting people and athletes will also be reviewed. Coverage of appetite and the psychology of food choice will help students to apply their knowledge to real-world situations.

Learning Outcomes:

- On completion of this module students should be able to:
1. Recognize special physiological demands of various levels of physical activity.
 2. Determine energy needs for specific types of physical activity.
 3. Analyze fluid intake required for various levels and types of physical activity.
 4. Understand the nutritional requirements for physical activity.
 5. Understand the relationships between diet and training for optimum performance.
 6. Plan diets for achievement of optimum and peak performance.
 7. Discuss current theories related to weight gain/loss and control issues.
 8. Outline goals for nutrition management of athletic teams.
 9. Understand current controversies in sport nutrition.
 10. Discuss human nutrition with other health professionals.

Course Contents:

1. Introduction to Nutrition for Health, Fitness & Sport Performance.
2. Healthful Nutrition for Fitness and Sport.
3. Overview of human energy transfer and nutrition.
4. Energy Nutrients (Carbohydrates, Fats, and Proteins)
5. Essential Nutrients (Vitamins, Minerals)

6. Water, Electrolytes & Temperature Regulation.
7. Body Weight and Composition for Health and Sport.
8. Weight Maintenance, Loss and Gain through Proper Nutrition and Exercise
9. Food Drugs and Related Supplements
10. Weight Maintenance and Loss through Proper Nutrition and Exercise
11. Weight Gaining through Proper Nutrition and Exercise
12. Computer Dietary Analysis Techniques – 3-7 Day Dietary Analysis
13. 5-day Computer Dietary Analysis of 3 athletes.

Learning Activities and Teaching Methods:

Lectures and practical application from the students

Assessment Methods:

Midterm Examination, Final examination, essay/assignment/practical, attendance/participation

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Maughan RJ, LM Burke (Επιμέλεια: Λάμπρος Συντώσης)	Αθλητική Διατροφή	Π.Χ. Πασχαλίδης (Ιατρικές Εκδόσεις)	2006	960-399-309-3

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Williams & Melvin	Nutrition for Health, Fitness & Sport. (8 th ed.),	Boston: McGraw-Hill.	2006	007327058X
McArdle Katch and Katch,	Sports and Exercise Nutrition (2 nd edition)	Lippincott Williams & Wilkins	2005	078174993X
Burke, L. & Deakin, V	Clinical sports nutrition 2 nd ed	McGraw-Hill	2006	0074716026
Nancy Clark	Sports Nutrition Guidebook (3 rd edition)	Human Kinetics Publishers	2003	073604602X