

**SPSC-512 Applied Sports Nutrition**  
**University of Nicosia, Cyprus**

<b>Course Code</b> SPSC-512	<b>Course Title</b> Applied Sports Nutrition	<b>ECTS Credits</b> 10
<b>Department</b> Life & Health Sciences	<b>Semester</b> Fall or Spring	<b>Prerequisites</b> None
<b>Type of Course</b> Elective	<b>Field</b> Sports Science	<b>Language of Instruction</b> Greek
<b>Level of Course</b> 2 <sup>nd</sup> Cycle	<b>Year of Study</b> 1 <sup>st</sup> or 2 <sup>nd</sup>	<b>Lecturer(s)</b> Dr Marios Hadjicharalambous
<b>Mode of Delivery</b> Face-to-face with support of electronic resources	<b>Work Placement</b> N/A	<b>Co-requisites</b> None

**Objectives of the Course:**

The main objectives of the course are to provide the students knowledge on sports nutrition by addressing the nutritional needs of active people and athletes. The students will be taught how to apply nutrition principles to benefit an athlete's training and performance, or to improve the outcome of a recreational exercise regime followed by people during their leisure time.

**Learning Outcomes:**

After completion of the course students are expected to:

1. Understand the basic principles of human nutrition and metabolism.
2. Appreciate how exercise affects energy and nutrient needs.
3. Be aware of the role of nutrition in supporting training and improving performance in sport.
4. Understand the nutritional goals of athletes and sedentary individuals and be aware of the eating strategies that can meet these goals.
5. Propose nutritional plans for exercising individuals and athletes.
6. Have knowledge of selected ergogenic aids that may improve athletic performance.
7. Apply acquired knowledge in an applied setting and offer good advice to exercising individuals.

**Course Contents**

1. Assessment of diets, requirements and recommended intakes.
2. Population and individual intakes.
3. Exercise, energy balance and body composition.
4. Carbohydrate in the athlete's diet.
5. Protein and fat in the athlete's diet.
6. Water and electrolyte balance, dehydration and fatigue, thirst and hydration status.
7. Vitamins and minerals, recommended intake and requirements.
8. Nutritional ergogenic aids.
9. Nutritional implications of exercise and training.
10. Nutritional strategies to support recovery and adaptations to strength training.
11. Nutritional strategies to support recovery and adaptations to endurance training.

12. Nutritional strategies for peak performance at sports competition.

### Learning Activities and Teaching Methods

Lectures, discussions, some practical applications

### Assessment Methods

Written coursework, Oral presentation, Participation, Final examination.

### Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Maughan, R., & Burk, L. Επιμέλεια: Συντώσης, Λ.	Αθλητική Διατροφή	Σάλο	2002	9603993093

### Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN-13
Burke, L., and Cox, G.	The Complete Guide to Food for Sports Performance: Peak Nutrition for Your Sport	Allen &Unwin	2010	9781741143904
Maughan, R.J. (editor)	Nutrition in Sport; IOC Encyclopaedia Series	Blackwells	2000	9780632050949
Jeukendrup, A.E. and Gleeson, M	Sports Nutrition: An Introduction to Energy Production and Performance – 2 <sup>nd</sup> Edition	Human Kinetics	2009	9780736079624