HLTH1010 - Introduction to Sports Nutrition

Credits:	3 (3/0/0)
Description:	This course studies the value of sports nutrition, with emphasis on nutrition as it applies to fitness, sport-specific training and peak athletic performance. It also studies nutrient requirements and dietary recommendations for multiple sports and levels of performance, energy metabolism and essential nutrient needs during training and competition. Students examine the importance of proper nutrition for a healthy mind and body to achieve peak athletic performance.
Prerequisites:	
Corequisites:	
Pre/Corequisites*:	
Competencies:	1. Introduce students to the science of sports nutrition and the relationship of dietary habits and athletic performance. 2. Analyze daily dietary habits to determine energy output based on caloric intake. 3. Understand the important functions of water and electrolyte balance based on exercise timing, type of exercise and the fitness level of individuals. 4. Identify the six classes of nutrients and which of the six provide energy. 5. Gather information on the current trends in diet and exercise locally, nationally and globally. 6. Evaluate current nutritional information and misinformation as it relates to athletic performance and fitness. 7. Debate the ethics of the athletic performance effects and health implications of performance enhancing drugs and supplements in athletics. 8. Examine the need and safety of dietary supplements for optimal athletic performance. 9. Recognize the psychological aspect of perceived body image and athletic performance 10. Apply factual knowledge on how to create a healthy diet on a reasonable budget using the services provided in the community and by the college, such as food pantries, dining services and food shelves.
MnTC goal areas:	None

Can be taking as a Prerequisite or Corequisite.

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