

B.SC. –1 SEMESTER – 1
Course Category: Open Elective (OE)

Paper -2

Course code: B11OE2SNT

SUBJECT: SPORTS NUTRITION

(Department of Physical Education)

OBJECTIVES:

1. To use the correct nutrients and micronutrients in the right proportion to increase strength and vitality for optimum performance.
2. To prepare students for worldly challenges, make them physically fit.
3. To choose the appropriate food before, during and after competition.
4. To Learn to maintain healthy lifestyle by learning variety of exercises learned through this course.
5. To understand safe and scientific supplement protocol
6. To gain scientific considerations for manipulating macros - carbohydrates, proteins, fats to peak performance

OUTCOMES:

By the end of this programmed, the students will understand & inculcate:

1. What foods are "optimum recovery foods" and how those foods enhance recovery?
2. At what time should we take meal, food and What to eat and what not to eat.
3. What do you mean by nutritious food?
4. The benefits and dangers of Ergogenic Aids associated with athletic performance.
5. The sign/symptoms and remedies of exercise induced fatigue and glycogen depletion.

(2 Cr, 30 Hrs, 4Hr/Week)

SEM I

Paper II: Sports Nutrition

Unit I Introduction

Unit I

- a) Meaning and definition of nutrition.
- b) Basic principles of nutrition and metabolism.
- c) Meaning of Malnutrition
- d) Classification of Nutrient.

Unit II

- a) Meaning Definition of Balance Diet
- b) Importance of Balance Diet
- c) Components of Balance Diet
- d) BMI

Unit III

- a) Sources and role of Carbohydrates
- b) Sources and role of Proteins and Fats
- c) Sources and role of Vitamins
- d) Sources and role of Water and Minerals

Unit IV

- a) Introduction to Sports Nutrition.
- b) Meaning and definition of sports nutrition
- c) Role of nutrition in sports.
- d) Role of carbohydrates, fat and protein in Sports.

End Semester Examination (T) (SEE)	Continuous Internal Evaluation (CIE)	Minimum Passing Marks 50%
30	20	25

Note 1 This Course will be of 20 marks (CIE) & 30 Marks (SEE) passing marks are 20(40%)

REFERENCE

1. Abiola E. Aduroja and Babasola O. Olugasa (2021). Dietary Knowledge and Attitudes of In-School Adolescents in Private Secondary Schools in Ifako-Ijaye Local Government, Lagos, Nigeria. *International Journal of Innovative Science and Research Technology*. 6,5.
2. Fetoxy, E., Mahboub, S., Abusaleh, H. (2020). The Effect of an Educational Intervention on Knowledge, Attitude and Behavior about Healthy Dietary Habits among Adolescent Females. *Journal of High Institute of Public Health*, 50(2), 106-112.
3. Hamid Arazi & Rastegar Hosseini (2012). A comparison of nutritional knowledge and food habits of collegiate and non-collegiate athletes. *SportLogia*. 8(2), 100–107
4. Naser I. A, Ellulu M. S, Tabash M. I, Najim A. A, Abu-Tair S. A. (2021). Nutrition Knowledge, Attitude and Practice of Nurses and Physicians of Palestinian Hospitals in the Gaza Strip. *Curr Res Nutr Food Sci*. 9(2)
5. Razan Elhassan, M. Eman Gamal H. & Somiyamohammed G. S. (2013). Nutrition knowledge attitude and practices among students of ahfad university for women. *Indian J.Sci.Res*. 4(1) : 25-34
6. Unsworth, Jonathan (2012). "Nutrition Knowledge and Attitudes among Clemson University Freshmen" (2012). All Theses. 1358. Wang D. Stewart D. Harris N. Shi Y. Chang C. Ji Y. W

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