**SPORTS NUTRITION**

### EC/H.Eco-FN-403

**Checklist of Course Content**

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| **Course Content** | **Sources of Course Material** |
| 1· Introduction to sports nutrition. | * Book: Sports Nutrition: Enhancing athletic performance * https://www.slideshare.net/IIXXVIIV/sports-nutrition-19055894 |
| 2· Goals of nutritional fitness. | * Book: Basics of sports nutrition * Book: Sports nutrition. Vitamins & trace elements * <https://www.slideshare.net/wajihahwafa/ndd30503-nutrition-for-sports-and-exercise-229501808> * <https://www.slideshare.net/wajihahwafa/carbohydrates-in-sports> |
| 3· Nutrition Principles and requirements applied to Fitness & Sports. | * Book: Sports nutrition enhancing athletic performance * Book: Basics of sports nutrition * <https://www.slideshare.net/wajihahwafa/ndd30503-nutrition-for-sports-and-exercise-229501808> * <https://www.slideshare.net/wajihahwafa/carbohydrates-in-sports> |
| 4· Stress Management and Physical Fitness. | * https://slideplayer.com/slide/10669644/ * Book: Sports Nutrition: Enhancing athletic performance * <https://www.slideshare.net/TiffanyGoodrich/physical-activity-nutrition-and-stress-management?qid=f57> * <https://www.slideshare.net/luvshanu21/stress-and-nutrition> * https://www.slideshare.net/luvshanu21/stress-and-nutrition |
| 5· Sports and supplements. Types and uses. Use & Misuse | * Book: Sports nutrition. Vitamins & trace elements * Book: Sports Nutrition: Enhancing athletic performance * <https://www.slideshare.net/mrmodaq/diet-supplement-16599406> |
| 6· Eating Disorders in Sports | * <https://www.youtube.com/watch?v=udN_WKxy4Qs&t=8s> * Book: Sports Nutrition: Enhancing athletic performance * Book: Sports nutrition. Vitamins & trace elements |
| 7· Healthy Physical Activities and Safe Weight Management. Post exercise meal | * <https://www.youtube.com/watch?v=qxO415JdNl0> * <https://www.healthline.com/nutrition/maintain-weight-loss#section9> * https://www.slideshare.net/MUSWellness/sports-exercise-nutrition?qid=c7faf5bf-053f-408c-806a-d7029498538b&v=&b=&from\_search=2 * Book Chapter: Managing weight body composition * Book: Sports nutrition. Vitamins & trace elements |