**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>
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| 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>
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| 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
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| 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>
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| 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
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| 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
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