

KNLS/HLTH 134

Nutrition for Sport and Exercise

3 Credits

Community College of Baltimore County
Common Course Outline

Description

KNLS/HLTH 134 – Nutrition for Sport and Exercise: is a course in which students explore the principles, background, and rationale for current nutrition guidelines specifically for athletes. Students discover the physiological science behind sports nutrition, enabling them to assess nutrient demands of athletes and active adults specific to their sport. Additionally, students examine the influence of nutrition on exercise performance, training, and recovery. NOTE: This course is cross-listed KNLS 134 and HLTH 134, earn credit for one only.

Pre-requisites: MATH 082

Corequisites: ACLT 053 or (ESOL 052 and ESOL 054)

Overall Course Objectives

Upon completion of this course, students will be able to:

1. recognize the basic concepts of nutrition;
2. summarize the process of digestion;
3. explain the role of macronutrients in energy production and the normal function of the body;
4. describe the role of micronutrients in the normal functioning of the body;
5. identify water requirements and the principle of fluid balance;
6. analyze a diet for recommended intakes of nutrients;
7. distinguish the difference in nutrition for the athlete pre-workout, during workout, and post-workout;
8. identify nutritional needs for athletes with special dietary needs, illness, or injury;
9. assess the role of nutrition in rehabilitation and recovery;
10. discuss the regulations surrounding nutritional supplements and performance enhancing drugs (PEDs);
11. recognize the difference between weight management and body fat management;
12. identify the risks and consequences of eating disorders in athletics;
13. explain the role of nutrition in maintaining a healthy immune system; and
14. discuss the role of nutrition across the lifecycle.

Major Topics

- I. Exercise physiology and nutrition
- II. Macronutrients
- III. Micronutrients
- IV. Water and electrolytes
 - a. Thermoregulation

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For more information, see your professor's syllabus.

- b. Fluid balance
- V. Nutritional strategies for specific athletes
 - a. Endurance
 - b. Strength
 - c. Power
- VI. Nutrition for special needs athletes
- VII. Nutrition supplements
 - a. Dietary supplements
 - b. Ergogenic aids
 - c. PEDs
- VIII. Weight management and body composition
- IX. Eating disorders
- X. Nutrition across the lifecycle

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- two exams
- one written nutrition assessment
- one written meal plan
- one presentation

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Date Revised: 3/5/2024

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