

KINE 4708 – Sports Nutrition

Everyone needs a healthy diet and athletes are not exceptions. Compared to non-athletes, most athletes need specific differences in nutrient intake, and timing of it, to enhance their ability to train and recover from hard physical work. In this course, we discuss evidence-based current knowledge in the field of sports nutrition. Additionally, each student is matched with an athlete with whom they work for several weeks, either in person or remotely. Students then share their dietary analyses and suggested recommendations with the class, while keeping their athletes identities' anonymous. The athlete volunteers vary widely in sport and age to give students a greater scope of experience.

The format of this course is roughly 1/3 lecture, 1/3 seminar, and 1/3 practicum.

Prerequisite: KINE 3250

Restriction: Restricted to students in their third or final year