

Name of Faculty		Faculty Of Allied Health Sciences				L: 1 T:1		
Name of Course		BSc. Nutrition& Dietetics (BND)				Credits: 2		
Subject/Paper		SPORTS NUTRITION		Semester	IV	Paper Code	05240406	Marks: 50
Course Objectives:		<p>At the completion of this course each student will be able to meet the following student learning objectives:</p> <ul style="list-style-type: none"> To understand the energy and nutrient needs of sports person. To know the forms of stored energy in the body. To recognise the need for carbohydrate loading for endurance athletes. To recognise the importance of fluid intake. <p>This course is imparting transferable and life skill for practicing as an nutrition expert or an athlete or sports physiotherapist to understand the nutritional requirements of sportsperson.</p>						
Course Coordinator Name: Contact:		Dr Akanksha Yadav 9719415211			Class Time: 2:00-4:00 pm.	Days	Wednesday	2:00-4:00 PM
Unit	Sub Units	Time (hrs)	Topic	Teaching Methodology		Assessment Method		Teaching Faculty
Unit-I	1.1	2	Approaches to the management of fitness and health: Nutrition Exercise	Student Interactive Session& Students Seminar		Single Response Answer Multiple Response Answer Assertion –Reasoning On Spot Group Discussion Long Answer Short Answer		DrGovind Bhatt/ Mr mandeep
	1.2	3	Physical fitness and health- their inter relationship. <ul style="list-style-type: none"> Significance of physical fitness Nutrition in prevention and management of weight control regimes. Nutrition guidelines for maintenance of health and fitness. 					
	1.3	4						
	1.4	3	Nutritional requirements of exercise: Effect of specific nutrients on work performance and physical fitness. Nutrients that support physical activity					
	1.5	3	Mobilization of fuel stores during exercise.					
	1.6	3	Fluid requirements.					

Unit-II	2.1	4	Nutrition in sports: Sports specific requirements Importance of carbohydrate loading Pre game and post game meals Diets for persons with high energy requirements, stress, fracture and injury etc	Student Interactive Session & Problem based learning	Single Response Answer Multiple Response Answer Assertion –Reasoning On Spot Group Discussion Long Answer Short Answer Problem Based Question	DrGovind Bhatt/Mr Mandeep
	2.2	3				
Unit-III	3.1	2	Dietary supplements and Ergogenic aids: Definitions, Use of different nutragenic / ergogenic aids and commercial supplements Sports drinks, sports bars etc.	Student Interactive Session & Project based learning	Single Response Answer Multiple Response Answer On Spot Group Discussion Long Answer Short Answer Problem Based Question	DrGovind Bhatt/ Mr Mandeep
	3.2	2				
	3.3	3				

Assessment: 50 Marks (10 marks Internal – 40 End Term)

Recommended Books:

- Health Fitness Management Authors- William C. Grantham , R.W. Patton , Tracy D. York , Mitchel L. Winick Publisher- Human Kinetics(1998).
- Nutrition for health, fitness and sport Authors-Melvin H. Williams, Eric S. Rawson, J. David Branch Publisher-McGraw Hill (2016).
 - Martha H. Stipanuk, Biochemical, Physiological, and Molecular Aspects of Human, 2012.