

WOLLO UNIVERSITY
COLLEGE OF NATURAL SCIENCE
ACADEMY OF SPORT SCIENCES

Program - BSc Degree in Sport Science Module Title - Therapeutic Science in Sport
Course Title - Sport Nutrition Course Weight - 3 ECTS Mode of Delivery - Block
Academic year - 3rd year Semester – II Instructor's - Tesfamichael Tadesse
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Course Description

The goal of this course is to equip the student with the tools necessary for counseling an athlete in the area of nutrition. Although this course is strongly sport oriented, it does contain useful information for those who are not as active. This course deal with Proper nutrition and physical fitness go hand in hand when working to maintain a healthy lifestyle. Nutrition theory and concepts, protein for athletes, carbohydrates for athletes, calories requirement for athletes, Hydration for athletes, vitamins and Ant oxidation performances enhancing substances, weight loss and theory and exercise.

Course Objective

At the end of this course the students will be able to:

- ✚ Describe nutrition, exercise and sports related fitness.
- ✚ Explain nutrition for performance and energy utilization
- ✚ Distinguish protein and Hydrogen in spot nutrition
- ✚ Select meal before and after competitions
- ✚ Describe vitamins role, function and recommendation

Chapter

Contents

Chapter One:	Nutritional aspects of macronutrients in sport
Chapter Two:	Fat
Chapter Three:	Protein
Chapter Four:	Hydration, Dehydration and Rehydration in sport
Chapter Five:	Nutritional aspects of Micro nutrients in sport
Chapter Six:	Eating disorder in Athletes
Chapter seven:	Nutrition requirement for exercise

Recommended references

ACSM's guidelines for exercise testing and prescription / American College of Sports Medicine; senior editor, Linda S. Pescatello; associate editors, Ross Arena, Deborah Riebe, Paul D. Thompson. 2014. — 9th ed.

ACSM's introduction to exercise science. Jeffrey Potteiger, PhD, Wolters Kluwer. 2018. 3rd ed. Philadelphia.

Debasis B. Nutrition and Enhanced Sports Performance: Muscle Building, Endurance, and Strength. agchi. 2019. 2nd ed.

IOC consensus statement: dietary supplements and the high-performance athlete. 2018

Introduction to Coaching – The Official IAAF Guide to Coaching Athletics. Peter J L Thompson. 2009. Chapter 9.

NSCA's Essentials of Personal Training, National Strength and Conditioning Association. 2012. Second Edition.

Nancy Clark's sports nutrition guidebook. Nancy Clark. 2014. 5th ed.

The Complete Guide to Sports Nutrition. 6th ed. Anita Bean. 2009; Reprinted 2010.

Nutrition for sport, exercise and performance. A practical guide for students' sports enthusiasts and professionals. Regina Belski. Adrienne Forsyth. Evangeline Mantziorist. 2019.