Subject Brief

ENDEAVOUR College of Natural Health

NMDS312

Sports Nutrition

General information

Awards	Subject type	Study year	Study Semester
Bachelor of Health Science (Naturopathy)	Elective	Year 4	Semester 7
Bachelor of Health Science (Clinical Nutrition)	Core	Year 3	Semester 5

EFTSL: 0.125

Delivery mode:Online

Co-requisites: Nil

Pre-requisites: NMDF212

Subject overview

This subject introduces students to the specific nutritional requirements for athletes with emphasis placed on the practical application of sports nutrition guidelines and practices. Students will critically evaluate the science and practice of sports nutrition and review the principles and research underpinning current recommendations. Sports-related nutritional deficiencies and eating behaviours will be discussed. Students will explore current and emerging sports nutrition dietary information and apply this learning to the development of dietary programs for optimal nutritional health in specific sports and populations of athletes.

Assessments

- Week 4: Written Assignment
- Week 12: Written Assignment

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