

MSES 550 : Advanced Sport & Exercise Nutrition

A study of nutrition as it relates to optimum performance for sport and health. Nutrient needs, e sources, functions and interactions are reviewed according to the latest scientific findings. Principles of body conditioning are emphasized with attention to diet and lifestyle practices that promote health and decrease risks of nutrition related diseases. You will also learn how to evaluate whether current trends in “dieting” are backed by scientific evidence. Target audiences will include athlete, healthy, chronic disease and vulnerable populations.

Credits 3