

**ST. JOSEPH'S COLLEGE FOR WOMEN (AUTONOMOUS) VISAKHAPATNAM**  
**VIII SEMESTER HOME SCIENCE      TIME:2Hrs/Week**  
**HS-E2-8151   SPORTS NUTRITIONPRACTICALMARKS:50**

**Course objective:**

- Understand the digestion and absorption kinetics of nutrients during rest and exercise.
- Understand dietary techniques for altering the metabolic and immunological activity of human gut bacteria.

**Course Outcomes-** To enable the students to:

1. Define the concepts of sports Nutrition, physical activity, physical fitness and methods of evaluation.
2. Understand the Energy metabolism pathways during physical activity.
3. Describe the role of macronutrients in physical performance, weight management and obesity.
4. Explains the nutritional needs in different sports and the role of national agencies.

**PRACTICALS:**

1. Content writing on a sports nutrition related topic.
2. Conducting a one-on-one nutrition counselling on sports diet.
3. Group discussion on sports nutrition related diets.
4. Planning and Preparation of sports drinks and foods.
5. Nutrition strategies and menu planning for various sports personnel.

**REFERENCES:**

1. K. Park text book of Preventive and social medicine, 15<sup>th</sup> edition, MS BanarisidasBhano Publishers, Jabalpur,1997.
2. Ira Wolinsky(ed) (1998). Nutrition in Exercise and Sports, 3<sup>rd</sup> Edition, CRC Press.
3. Heather Hedrick Fink, Alan E. mike sky. (2012). Practical Applications in Sports Nutrition, Third Edition, Library of Congress Cataloging in Publication Data. United States of America.