

## NHM 319: Foundations in Sports Nutrition

### FAMILY & CONSUMER SCIENCES

This course explores the physiological and psychological benefits of regular physical activity throughout the life cycle. The special nutritional needs of a person engaged in regular physical activity are evaluated. Emphasis is placed on planning a diet to achieve optimal performance and overall wellness. Athletic performance-enhancing supplements are examined to determine the efficacy and safety of such products. Special populations such as Ironman athletes, tactical service members, Paralympic, college athletes, and professional athletes will be covered through assignments and case studies.

3 Credits

### Prerequisites

- [FCS 311: Nutrition](#)

### Instruction Type(s)

- Lecture: Lecture for NHM 319

### Subject Areas

- [Dietetics/ Dietitian \(RD\)](#)

### Related Areas

- [Clinical Nutrition/Nutritionist](#)
- [Dietitian Assistant](#)

