

# NHM 319: Foundations in Sports Nutrition

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

NHM 311: Nutrition

#### Instruction Type(s)

• Lecture: Lecture for NHM 319

# **Subject Areas**

Dietetics/ Dietitian (RD)

## **Related Areas**

- <u>Clinical Nutrition/Nutritionist</u>
- Dietitian Assistant

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.

