NHM 619: Sports Nutrition

NUTRITION & HOSPITALITY MANAGEMENT

This course explores the relationship between nutrition, exercise, and sports activities for athletics of recreational to elite levels. Topics will cover the biological, psychological, and sociological aspects of nutrition as it relates to fitness performance across the life span. Current topics in sports nutrition will also be discussed.

3 Credits

Prerequisites

- NHM 311: Nutrition
- Bisc 206 or Bisc 330

Instruction Type(s)

- Lecture: Lecture for NHM 619

Subject Areas

- Hospitality Administration/Management, General

Related Areas

- Hotel/Motel Administration/Management
- Restaurant/Food Services Management

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.