

## **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](#)

