

## 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

## Instruction Type(s)

Lecture: Lecture for NHM 619

Lecture: Web-based Lecture for NHM 619
Lecture: Online Program 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.

