SPORTS NUTRITION

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
SPORTS NUTRITION	BDB333	6. Semester/ Spring	2	0	0	4
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Elective					
Learning and Teaching Techniques of The Course	Lecture Question & Answer Discussion					
Instructor(s)	Prof. Dr. Efsun KARABUDAK					
Goal	The aim of this course is to learn the nutritional status of athletes according to different sports.					
Learning Outcomes	1. To be able to comprehend energy and energy systems in exercise. 2. To be learn the relationship between physical performance and macro/micro nutrients. 3. To understand the relationship between physical performance and water and electrolytes. 4. To be able to define female athlete triad. 5. To be able to comprehend nutrition before, during and after exercise 6. To discuss the relationship between physical performance and nutritional ergogenic.					
References	1. Karabudak E, Turnagöl H. Farklı Spor Dallarında Egzersiz ve Beslenme, TDD Yayını, 1. Baskı,2018, Ankara. 2.Greenwood M. Nutritional Supplements in Sports and Exercise, 2008. 2. Anita Bean. Sports Nutrition.					

Course Outline Weekly:

WEEKS	TOPİCS
1. Week	Energy systems in exercise
2. Week	Energy systems in exercise, practical application.
3. Week	Carbohydrates, definition, function, effects on physical performance.
4. Week	Carbohydrates, definition, function, effects on physical performance, practical application.
5. Week	Effects of proteins on physical performance
6. Week	Effects of proteins and fats on physical performance
7. Week	Fluids and electrolytes
8. Week	**MİDTERM EXAM**
9. Week	Fluids and electrolytes
10. Week	Principles of nutrition before and after the race
11. Week	Nutritional ergogenic aids and doping
12. Week	Weight management and body composition methods in athletes.
13. Week	Menu planning principles in athletes
14. Week	Female athlete triad
15. Week	Nutrition in different sports

Student Work Load Table

Activities	Number	Duration	Total Work Load
Course Duration	14	2	28
Laboratory			
Practice	2	3	6
Field Study			
Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)	14	3	42
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)	1	4	4
Seminars			
Project			
Case study	1	2	2
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	6	6
Final Exam Preparation Time	1	8	8
Total Work Load (hour) / 25(s)	96 / 25=3,84		
ECTS	**4**		

Evaluation System

Mid-Term Studies	Number	Contribution
Midterm exams	1	%40
Quiz		
Laboratory		
Practice	1	%20
Field Study		
Course Internship (If There Is)		
Homework's	1	%20
Presentation and Seminar	1	%20
Project		
Other evaluation methods		
Total Time To Activities For Midterm		100
Final works		
Final	1	%50
Homework		
Practice		
Laboratory		
Total Time To Activities For Midterm		100
Contribution Of Midterm Studies On Grades		%50
Contribution Of Final Exam On Grades		%50
Total		100

The relationship between learning outcomes and the program qualifications of the courses

Program Qualifications	Learning outcomes					
	L.O.1	**L.O. 2**	**L.O.3**	**L.O.4**	**L.O.5**	**L.O.6**
1. To acquire information in the basic and social sciences as the Dietitian as the profession entails and make use of it for life.	2	2	2	5	5	5
2. To develop personalized diet and programme in accordance with the principles of adequate and balanced nutrition.	4	4	4	5	5	5
3. To improve and develop the food and nutrition plans and policy for the development of individuals with the energy and nutrient element requirements with scientific method detection, health protection	5	5	5	5	5	5
4. To determine and evaluate individual, the community and the patient's nutritional status by applying up-to-date information gained in the field of nutrition and dietetics. She/he can use the knowledge to raise the level of community health and the quality of life.	2	4	4	3	2	3
5. Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.	1	1	1	3	1	3
6. The student can understand the basic values and culture of the society he/she is living in and gain the skill to transform him/herself in a positive way						
7. Dietitian can improve products, make laboratory practice on elements affecting analysis and quality of nutrition, review and evaluate them regarding the legal regulations						
8. The student embraces the concepts with regard to biological systems that form the basis of human health, Anatomy, Physiology, and the sustainability of them.	4	4	4	5		5
9. The student can participate in Nutrition and Dietetics practices individually and/or within a team, use, apply, discuss and share scientific and evidence based knowledge in nutrition and dietetics practice with team and team members, develop and demonstrate effective skills using oral, print, visual methods in communicating and expressing thoughts and ideas, communicate with all stakeholders within ethical principles. Develop and demonstrate effective communications skills using oral, print, visual, electronic and mass media methods						
10. Dietitian has knowledge to develop food and nutrition plans and policies for protection of health, in order to improvement and development by using methods for determining the nutritional status.	3	3	3	3	3	3

Contribution to the level of proficiency: 1. Lowest, 2. Low / Medium, 3. Average, 4. High, 5. Excellent