BDB334 - Sports Nutrition

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
SPORTS NUTRITION	BDB334	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 and answer, case study
Instructor(s)	Prof. Dr. Efsun KARABUDAK
Goal	The aim of this course is to learn to evaluate the nutritional status of athletes according to different sports and to be able to make appropriate nutritional recommendations.
Learning Outcomes	1.Understands energy and energy systems in exercise. 2.Learns the relationship between physical performance and macro / micronutrients. 3.Understands the importance of water and electrolytes and makes recommendations. 4.Understands the principles of nutrition before, during and after exercise. 5.Learns to evaluate of body composition of athletes, works on weight management. 6.Learns the relationship between physical performance and nutritional ergogenics.
References	-Karabudak E, Turnagöl H. Farklı Spor Dallarında Egzersiz ve Beslenme, TDD Yayını, 1. Baskı,2018, Ankara. -Ersoy G. Egzersiz ve Spor Yapanlar için Beslenme, Damla Matbaacılık, 5.baskı, Ankara, 2012. -McArdle WD, Katch FI, Katch VL. Exercıse Physıology Nutrition, Energy, and Human Performance Seventh Edition, Wolter Kluwer, Lippincott Williams & Wilkins, 2010.

Course Outline Weekly:

WEEKS	TOPİCS
1. Week	The main concepts about sport, exercise and physical activity
2. Week	Energy systems in exercise
3. Week	Effects of carbohydrates on physical performance
4. Week	Effects of carbohydrates on physical performance
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, during, after the competition and training
11. Week	Weight management and body composition methods in athletes
12. Week	Menu planning principles in athletes
13. Week	Nutritional ergogenic aids and doping
14. Week	Female athlete triad
15. Week	Examples of nutrition in different sports

Student Work Load Table

Activities	Number	Duration	Total Work Load
Course Duration	14	2	28
Laboratory			
Practice			
Field Study			
Study Time of Outside Of Class (Pre-Study, Practice, Etc.)	14	3	42
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)	1	3	3
Seminars			
Project			
Case study	3	5	15
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	5	5
Final Exam Preparation Time	1	7	7
Total Work Load (hour) / 25(s)	100 / 25=4.00		
ECTS	**4**		

Evaluation System

Mid-Term Studies	**Number**	**Contribution**
Midterm exams	1	50%
Quiz		
Laboratory		
Practice		
Field Study	3	30%
Course Internship (If There Is)		
Homework's		
Presentation and Seminar	1	20%
Project		
Other evaluation methods		
Total Time To Activities For Midterm		100
Final works		
Final	1	100
Homework		
Practice		
Laboratory		
Total Time to Activities for Midterm		100
Contribution of Midterm Studies on Grades		40%
Contribution of Final Exam on Grades		60%
Total		100

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

Program Qualifications	**Learning outcomes**					
1. Enables the students to use theoretical knowledge based on basic and social sciences in practice.	**L.O.1**	**L.O. 2**	**L.O.3**	**L.O.4**	**L.O.5**	**L.O.6**
2. Has the ability to use equipment and information Technologies required for the professional practice efficiently.	5	5	5	5	5	5
3. Knows his rights, duties and responsibilities towards the society, colleagues, and other professions, individuals and patients, and learns how to behave in harmony with the professional ethical rules.	2	4	3	3	5	2
4. When confronted with problems within any field of Nutrition and Dietetics, has the ability to observe, diagnose, assess, report and come up with solutions thanks to their up-to-date knowledge and skills.	4	4	4	3	4	5
5. Gains efficient working skills based on the principles of effective communication, responsibility, solution-oriented working in disciplinary and interdisciplinary conditions.	4	4	3	3	4	4
6. Has the ability to make a plan for a research individually or as part of a team, make experiments, collect and analyze the data, interpret and write a report by using theoretical / practical knowledge and skills gained in the field of Nutrition and Dietetics.	2	2	3	2	3	3
7. Develops suggestions for health/sick individuals and those at risk considering their lifelong diet.	5	5	5	5	5	5
8. Gains knowledge to contribute to the diet plans and politics to be developed based on the needs of the individuals and the society.	5	5	5	5	5	5
9. Improves themselves by following the latest advances in their profession nationally and internationally, and acquires awareness in lifelong learning.	5	5	5	5	5	5

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