

Department of Liberal Education
Era University, Lucknow
Course Outline
Effective From: 2023-24

Name of the Program	B.A. / B.Sc. (LIBERAL EDUCATION)			Year/ Semester:	3rd / 6th
Course Name	Sports Nutrition	Course Code:	NH307	Type:	Theory
Credits	04			Total Sessions Hours:	60 Hours
Evaluation Spread	Internal Continuous Assessment:	50 Marks		End Term Exam:	50 Marks
Type of Course	<input type="radio"/> Compulsory	<input checked="" type="radio"/> Core	<input type="radio"/> Creative	<input type="radio"/> Life Skill	
Course Objectives	The goal of this course is to develop an understanding of the appropriate nutrition practices in relation to exercise or sport training to promote health, energy and adaptations.				
Course Outcomes(CO): <i>After the successful course completion, learners will develop following attributes.</i>					
Course Outcome (CO)	Attributes				
CO1	Gain knowledge in general metabolic principles, primarily fuel sources for the working muscle during exercise.				
CO2	Develop knowledge of the macronutrient principles of sports nutrition for different types of athletes based on their goals, specifically related to energy and recovery.				
CO3	Be knowledgeable of hydration guidelines for safety and performance and know how to evaluate and monitor hydration status.				
CO4	Be familiar with the nutritional impact on the brain, bone, connective tissue and immune function as it applies to athletes.				
Pedagogy	Interactive, discussion-bases, student-centered, presentation.				
Internal Evaluation Mode	Mid-term Examination: 20 Marks Activity: 10 Marks Class test: 05 Marks Online Test/Objective Test: 05 Marks Assignments/Presentation: 05 Marks Attendance: 05 Marks				
Session Details	Topic			Hours	Mapped CO
Unit 1	Review of General Nutrition Principles Energy: Fuel Sources for the Working Muscle. Diagramming Carbohydrate from Mouth to Muscle. Activity: Poster making.			15	CO1
Unit 2	<ul style="list-style-type: none"> ● Overview of Exercise Metabolism ● Carbohydrate: Types, Sources & Absorption Related to Exercise. ● Assessment of Exercise Metabolism Activity: power point presentation.			15	CO2, CO4

Unit 3	<ul style="list-style-type: none"> ● Carbohydrate Recommendations for Athletes. ● Protein Recommendations for Athletes. ● Vitamins & Minerals: Recommendations for Athletes. ● Nutrition for Female Athletes . <p>Activity: Preparation Of Diet Chart For Female Athletes.</p>	15	CO3
Unit 4	<ul style="list-style-type: none"> ● Hydration principles. ● Hydration Assessment and Recommendations. ● Fluid Balance. ● GI Function and Athletes. <p>Activity: Hydration Assessment of UG student.</p>	15	CO4

CO-PO and PSO Mapping

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	1					2			2	2			1	
CO2	2								3	1			1	
CO3	2		2			1			1				1	1
CO4	2					2			3	2			1	

Strongcontribution-3,Averagecontribution-2, Lowcontribution-1,

Suggested Readings:

Text- Books	<p>Note: A reading material will be provided by the faculty member well in time.</p> <ol style="list-style-type: none"> 1. Sport Nutrition 3rd Ed. Jeukendrup & Gleeson, Human Kinetics 2. Sport Nutrition for Health and Performance 2nd Ed. Manore, Meyer & Thompson, Human Kinetics
Reference Books	<ol style="list-style-type: none"> 1. Williams' Nutrition for Health Fitness and Sport 12th Ed. Rawson, Branch, and Stephenson, McGraw Hill 2. Practical Sports Nutrition. Burke, Human Kinetics
Para Text	<p>Unit 1:</p> <p>https://www.youtube.com/watch?v=IOCNye02UWU</p> <p>https://www.youtube.com/watch?v=BXXxtEW5v3o</p> <p>Unit 2:</p> <p>https://www.youtube.com/watch?v=ck1UfvIrf6g</p> <p>https://www.youtube.com/watch?v=JdzHEuQBgwI</p> <p>Unit 3:</p> <p>https://www.youtube.com/watch?v=4FUiQ9NeAOQ</p> <p>https://www.youtube.com/watch?v=s22mIN9R3NI</p> <p>Unit4:</p> <p>https://www.youtube.com/watch?v=xaZeIzvmNc</p> <p>https://www.youtube.com/watch?v=3wTh_iN8GUA</p>

Recapitulation & Examination Pattern		
Internal Continuous Assessment:		
Component	Marks	Pattern
Mid Semester	20	Section A: Contains 10 MCQs/Fill in the blanks/One Word Answer/ True-False type of questions. Each question carries 0.5 mark . Section B: Contains 07 descriptive questions out of which 05 questions are to be attempted. Each question carries 03 marks .
Activity	10	Will be decided by subject teacher.
Class Test	05	Contains 05 descriptive questions . Each question carries 01 mark.
Online Test/ Objective Test	05	Contains 10 multiple choice questions . Each question carries 0.5 mark.
Assignment/ Presentation	05	Assignment to be made on topics and instruction given by subject teacher.
Attendance	05	As per policy.
Total Marks	50	

Course created by:	Dr. Shazia Fatima Dr. Pooja Verma
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Signature: 