



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

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|--------------------------------------------------|---|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|----------------------------------------------------------|---|---------------------------------|---|------------|---|
| Course Title | | Nutrition in Athletes | | | | | | | |
| Course Code | | BDB324 | | Course Level | | First Cycle (Bachelor's Degree) | | | |
| ECTS Credit | 4 | Workload | 100 (<i>Hours</i>) | Theory | 2 | Practice | 0 | Laboratory | 0 |
| Objectives of the Course | | To teach the use of basic nutrition principles in athletes, nutritional practices to increase performance, the body composition of athletes, and the nutritional characteristics of athletes in special situations and conditions. | | | | | | | |
| Course Content | | Interaction between exercise, health and nutrition, energy and macro-nutrient requirements of athletes, micro-nutrient requirements of athletes, nutrition characteristics of before, during, after competition and training, importance of liquid consumption, ergogenic aids, body composition and weight management, special condition (women, child, vegetarian) nutrition | | | | | | | |
| Work Placement | | N/A | | | | | | | |
| Planned Learning Activities and Teaching Methods | | | | Explanation (Presentation), Discussion, Individual Study | | | | | |
| Name of Lecturer(s) | | | | | | | | | |

Prerequisites & Co-requisites

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|----------------|--------|
| Prerequisite | BDB318 |
| ECTS Requisite | 150 |

Assessment Methods and Criteria

| Method | Quantity | Percentage (%) |
|---------------------|----------|----------------|
| Midterm Examination | 1 | 40 |
| Final Examination | 1 | 60 |

Recommended or Required Reading

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| 1 | Maughan, R.J., Nutrition in Sport, MPG Books LTD, GB, 2001 |
| 2 | Clark, N., Sports Nutrition Guidebook, (second ed.), Human Kinetics, USA, 1997. |
| 3 | Williams, H.M., Nutrition for Fitness and Sport, Brown Benchmark, USA, 1995. |
| 4 | Howley, E., Frank, B.D, Health and Fitness Instructor's Handbook, third ed Human Kinetics, USA, 1997. |
| 5 | Ersay, G. Egzersiz ve Spor Yapanlar için Beslenme, Damla Matbaacılık, Ankara, 2000. |

| Week | Weekly Detailed Course Contents | |
|------|---------------------------------|------------------------------------------------------------------------------------|
| 1 | Theoretical | The relationship between sports and sports nutrition |
| 2 | Theoretical | Anthropometric measurement methods in athletes |
| 3 | Theoretical | Energy and macronutrient requirements in athletes |
| 4 | Theoretical | Micronutrients and hydration requirement in athletes |
| 5 | Theoretical | Nutritional characteristics before, during and after training / competition |
| 6 | Theoretical | Nutritional characteristics before, during and after training / competition |
| 7 | Theoretical | Nutritional characteristics before, during and after training / competition (Quiz) |
| 8 | Theoretical | Nutritional characteristics before, during and after training / competition |
| 9 | Theoretical | Nutritional strategies for athletes in special conditions |
| 10 | Theoretical | Nutrition in special athlete groups |
| 11 | Theoretical | Eating behavior disorders and body weight management in athletes |
| 12 | Theoretical | Different nutritional approaches applied in athletes |
| 13 | Theoretical | Menu planning for athletes |
| 14 | Theoretical | Menu planning for athletes |

Workload Calculation

| Activity | Quantity | Preparation | Duration | Total Workload |
|---------------------|----------|-------------|----------|----------------|
| Lecture - Theory | 13 | 4 | 2 | 78 |
| Midterm Examination | 1 | 10 | 1 | 11 |



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|-----------------------------------------|---|----|---|-----|
| Final Examination | 1 | 10 | 1 | 11 |
| Total Workload (Hours) | | | | 100 |
| [Total Workload (Hours) / 25*] = ECTS | | | | 4 |
| *25 hour workload is accepted as 1 ECTS | | | | |

Learning Outcomes

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|---|---------------------------------------------------------------------------------------------------|
| 1 | Comprehend the energy, macro and micro nutrient requirements and hydration practices of athletes. |
| 2 | Comprehends, interprets and weight control body composition specific to athletes. |
| 3 | Understands nutrition characteristics of athletes before, during, after competition and training |
| 4 | Learns the nutritional characteristics of athletes in special conditions. |
| 5 | Provides advice on sports nutrition |

Programme Outcomes (Nutrition and Dietetics)

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|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Assess, apply and evaluate the accuracy, reliability and validity of basic knowledge and evidence based current scientific developments on nutrition and dietetics. |
| 2 | Assess scientifically the energy and nutrients need of individuals and develop nutrition plans and programs for the clients according to the principles of adequate and balanced nutrition and assessment of energy and nutrient requirements |
| 3 | Develop food and nutrition plans and policies for the prevention and promotion of healthy lifestyle applying the methods of nutritional assessment for the population. |
| 4 | Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients. |
| 5 | Evaluate the factors affecting the quality of food consumed by the individuals and populations from production to consumption and implement the legal standards and legislations on food safety and food security. |
| 6 | Consider, interpret and apply the basic scientific knowledge on nutrition and dietetics especially have skills on critical thinking, problem solving and decision making and use effectively the appropriate current technologies and computer, demonstrate skills in preparing research manuscripts, project proposals, collecting and verifying data and writing report. |
| 7 | Assess, evaluate and interpret the nutritional status of the individuals and population groups using current knowledge, develop preventive measures, apply medical nutrition therapy, demonstrate active participation, teamwork and contributions with national and international stakeholders in health and social areas, in terms of ethical principles. |
| 8 | Plan menus in the institutional food service systems depending on the energy and nutrient requirements of target groups in the scope of nutrition and dietetic principles, take care of food safety in all settings from purchase of food to service, apply appropriate service using technological developments. |
| 9 | Develop and use effective strategies for the education, counseling and encouragement of individuals and population groups to facilitate behavior change and choose healthy and safety foods, prepare and update the related educational materials. |
| 10 | Apply laboratory work on product development, food analysis and related factors effecting food quality and interpret the results and evaluate them according to the legal arrangements. |
| 11 | Plan, manage, evaluate, monitor and report researches and programs to educate and increase and improve the knowledge and awareness of individuals and population groups on healthy nutrition during all lifecycle period, and lead such activities, support and take role in the preparation and implementation of national and international food and nutrition plans and policies. |
| 12 | Work and perform duties in the scope of occupational responsibilities and ethical principles, understand the importance of lifelong learning, follow the latest developments (innovations) in science, technology and health, demonstrate professional attributes for the enhancement of nutrition and dietetics profession. |
| 13 | 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 |
| 14 | Plan, apply, monitor and evaluate individualized medical nutrition therapy within interdisciplinary approaches, considering the sociocultural, economical status of patients in various age groups and also contribute to clinical researches. |

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

| | L1 | L2 | L3 | L4 | L5 |
|-----|----|----|----|----|----|
| P1 | 3 | 2 | 4 | 3 | 4 |
| P2 | 3 | 2 | 4 | 3 | 3 |
| P3 | 4 | 3 | 2 | 2 | 4 |
| P4 | 4 | 4 | 3 | 4 | 4 |
| P5 | 2 | 2 | 3 | 2 | 3 |
| P6 | 3 | 2 | 3 | 3 | 3 |
| P7 | 2 | 3 | 4 | 3 | 4 |
| P8 | 4 | 3 | 2 | 3 | 4 |
| P9 | 2 | 2 | 3 | 2 | 4 |
| P10 | 3 | 4 | 2 | 4 | 4 |



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|-----|---|---|---|---|---|
| P11 | 3 | 2 | 4 | 2 | 3 |
| P12 | 3 | 3 | 2 | 2 | 3 |
| P13 | 4 | 2 | 3 | 4 | 3 |
| P14 | 2 | 4 | 2 | 4 | 3 |

