



**AYDIN ADNAN MENDERES UNIVERSITY
GRADUATE SCHOOL OF HEALTH SCIENCES
PHYSICAL EDUCATION AND SPORTS
PHYSICAL EDUCATION AND SPORTS
PHYSICAL EDUCATION AND SPORTS MASTER
COURSE INFORMATION FORM**

Course Title	Nutrition in Exercise and Sport								
Course Code	BSÖ524	Course Level			Second Cycle (Master's Degree)				
ECTS Credit	7	Workload	176 (Hours)	Theory	3	Practice	0	Laboratory	0
Objectives of the Course	Provide students with the fundamental concepts and knowledge on the principles of nutrition in health and disease. Special emphasis will be given on the relationships between diet and training for optimum performance and the role of diet and physical activity in the management of weight and cardiovascular diseases.								
Course Content	The course includes the principles of nutrition; functions of nutrients (carbohydrates, lipids, proteins, minerals, vitamins and water) in the body; energy demands of various types of physical activities, associations between diet and training for optimal performance, ergogenic supplements, role of nutrition and physical activity in the management weight and cardiovascular diseases and eating disorders.								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Experiment, Problem Solving								
Name of Lecturer(s)									

Assessment Methods and Criteria		
Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

Recommended or Required Reading	
1	Jeukendrup A, Gleeson M (2009). Sport Nutrition . Human Kinetics
2	Williams M. The Ergogenics Edge (1998). Paperback. Human Kinetics.
3	McArdle WD, Katch FI, Katch VL (2008). Sports and Exercise Nutrition.
4	McArdle WD, Katch FI, Katch VL (2006). Exercise Physiology: Energy, Nutrition, an Human Performance.
5	Wolinsky I, Driskell JA (2002). Nutritional Assessment of Athletes

Week	Weekly Detailed Course Contents	
1	Theoretical	Relations among physical activity, health and nutrition
2	Theoretical	Bioenergetic systems during exercise
3	Theoretical	Carbohydrate metabolism and its role during exercise
4	Theoretical	Fat metabolism and its role during exercise
5	Theoretical	Protein metabolism and its role during exercise
6	Theoretical	Vitamin and mineral requirements and exercise
7	Theoretical	Fluid intake, dehydration and rehydration
8	Intermediate Exam	Midterm
9	Theoretical	Nutritional ergogenic supplements
10	Theoretical	Role of diet and physical activity in weight management
11	Theoretical	Role of diet and physical activity in the management of cardiovascular diseases
12	Theoretical	Role of diet and physical activity in the management of cardiovascular diseases
13	Theoretical	Eating disorders
14	Theoretical	Nutritional recommendations for injuries and rehabilitation period
15	Theoretical	Preparation for Final Exam



16	Final Exam	FINAL EXAM
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Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	5	5	140
Individual Work	4	4	4	32
Midterm Examination	1	1	1	2
Final Examination	1	1	1	2
Total Workload (Hours)				176
[Total Workload (Hours) / 25*] = ECTS				7

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	Explain the basic principles of nutrition
2	Describe the properties, functions and significance of nutrients (carbohydrates, fats, proteins, minerals, vitamins and water) for human body and their relations to physical activity
3	Recognize special physiological demands of various levels of physical activity.
4	Determine energy needs and the nutritional requirements for specific types of physical activity.
5	Analyze fluid intake required for various levels and types of physical activity.
6	Explain the relationships between diet and training for optimum performance
7	Discuss the role of diet and physical activity in weight gain/loss
8	Discuss the role of diet and physical activity in the management of cardiovascular diseases

Programme Outcomes (Physical Education and Sports Master)

1	Uses application and problem solving skills in interdisciplinary studies.
2	Develops basic scientific knowledge and attitude appropriate to body and sport.
3	Interpret the results of test development and measurement for the development of individuals in physical education and sport.
4	Explains the scientific methods in physical education and sports.
5	to follow national and international developments in the field and maintain professional development.
6	Beden eğitimi ve spor örgütlerinin örgüt iklimi ve kültürünü tanımlar.

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

	L1	L2	L3	L4	L5	L6	L7	L8
P1	3	3	4	3	2	3	4	5
P2	4	5	4	5	4	4	4	3
P3	4	2	5	4	2	2	2	4
P4	5	4	3	2	3	5	4	2
P5	4	5	5	3	5	4	5	4
P6	3	3	4	4	4	3	3	4

