



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 Performance Sports								
Course Code	BSÖ562	Course Level		Second Cycle (Master's Degree)					
ECTS Credit	7	Workload	176 (Hours)	Theory	3	Practice	0	Laboratory	0
Objectives of the Course	Explaining of the role of nutrition as a means to enhance performance in exercise and sport								
Course Content	a)basic concepts of sport nutrition, (b) the optimum intake of macronutrients and micronutrients for optimal sports performance, and (c) the efficacy of nutritional supplementation								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Demonstration, Individual Study								
Name of Lecturer(s)									

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Ersoy, G.; Egzersiz ve Spor Yapanlar İçin Beslenme, Ankara, Mart-2004.
2	G.;Karakaya G.;Besinsel Ergojenik Yardım; Ankara-2005
3	Erkan, N.;Yaşam Boyu Spor, Bağırhan Yayınları, Ankara-2000
4	Dieter,K.,B., Sporcuların Optimal Beslenmesi

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction - An introduction to sports nutrition and basic nutrition
2	Theoretical	Energy: What is it? How is it used?
3	Theoretical	Carbohydrates:What is it? How is it used? Definition, function, features
4	Theoretical	Carbohydrates: What is it? How is it used? Definition, function, features
5	Theoretical	Proteins and Protein needs with exercise: What is it? How is it used? Function and features
6	Theoretical	Fat/Lipids:What is it? How is it used? Definition, function, features -Dietary composition.
7	Theoretical	Fat soluble vitamins: What are they? How are they used? Water soluble: What are they? How are they used? Vitamins and training
8	Intermediate Exam	Midterm Exam
9	Theoretical	Minerals: What are they? How are they used, Minerals and training
10	Theoretical	Hydration, : Fluid replacement (during and/or recovery from exercise), Hydration Requirements for sports man
11	Theoretical	Sports Nutrition Tips for Training and Competition.
12	Theoretical	weight problems in sporwomen or sportman Recognize and define eating disorders.
13	Theoretical	healthy nutrition /applications and sport branches



14	Theoretical	Different methods in menu planning
15	Theoretical	general evaluation
16	Final Exam	Final Exam

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	Understanding basic aspects of general nutrition and psycho-social factors that relate to sports nutrition;
2	understanding of energy metabolism.
3	Athlete calculation of the daily energy requirement of learning
4	To prepare diet for athletes
5	To have information about ergogenic help in sports

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
P1	4	3	3	4	4
P2	4	4	4	4	5
P3	5	5	5	2	5
P4	3	4	4	3	3
P5	5	5	4	5	4
P6	4	4	3	3	4

