ATHLETE NUTRITION									
1	Course Title:	ATHLETE NUTRITION							
2	Course Code:	AEB3001							
3	Type of Course:	Compuls	ory						
4	Level of Course:	First Cyc	le						
5	Year of Study:	3							
6	Semester:	5							
7	ECTS Credits Allocated:	5.00							
8	Theoretical (hour/week):	3.00							
9	Practice (hour/week):	0.00							
10	Laboratory (hour/week):	0							
11	Prerequisites:	none							
12	Language:	Turkish							
13	Mode of Delivery:	Face to f	ace						
14	Course Coordinator:	Prof. Dr.	Nimet HAŞIL KORKMAZ						
15	Course Lecturers:								
16	Contact information of the Course Coordinator:	yrd. doç.dr şenay şahin							
17	Website:								
18	Objective of the Course:								
19	Contribution of the Course to Professional Development:								
20	Learning Outcomes:								
		1	Knows the basic principles of nutrition. Explain the formation of energy and energy						
		2	Knows the importance of carbohydrates, fats, proteins based on basic nutritional principles						
		3	know the functions of vitamins and water in organism						
		4	know the effects of nutrition on physical performance						
		5	Knows the importance of carbohydrates in sports nutrition.						
		6	Know the importance of protein nutrition in athletes						
		7	Knows the importance of fats in sports nutrition.						
		8	Vitamins knows the importance of sports nutrition.						
		9	Understand the importance of minerals in sports nutrition						
		10	Knows nutrition according to sports branches.						
21	Course Content:								
		Co	urse Content:						
Week	Theoretical		Practice						
1	Definition of nutrition, importance, ac and balanced nutrition Nutrition heal performance relationship	lequate th and							
2	Energy systems (Anaerobic, Aerobic	:)							
3	Nutrients • Carbohydrates • Carbohydrate intake before, during exercise	and after							

4	Proteins • Protein requirement, insuff excess • Sports nutrition	iciency,									
E	place	utrition	╞								
5	Olis • Duties • Sportsman's place in r	nutrition									
6	 Vitamins Vitamin requirement, redundancy Fat-soluble, water-soluble vitamins, antioxidant vitamins The place of sports nutrition 										
7	Minerals • Tasks, daily requirements • The place of sports nutrition										
8	Water, its importance, fluid requireme Dehydration • Amount and time of wa content to be given to the athlete	ent • ater									
9	Muscle glycogen loading and super s	saturation									
	Effect of fat diets on endurance perfo • Tea coffee alcohol	ormance									
10	Exercise • before and during • feeding	g									
11	Weight problems in athletes • Methods for finding ideal weight • Weight loss methods and recomme • Energy balance • Daily food requirements and average energy needs of elite athletes	ndations ge daily									
12	Ergogenic aid, definition, importance										
Activit	es			Number	Duration (hour)	Total Work Load (hour)					
Theore	ticesychological aids (Psychological		Π	14	3.00	42.00					
Practic	als/Labs			0	0.00	0.00					
Self stu	elyAtmetpsepteration performance		\Box	4	12.00	48.00					
Homew	vorks			1	10.00	10.00					
Project	methods • Some drugs related to res	triction		1	15.00						
Field S	tudies			0	0.00	0.00					
Midtern	Materials:		N	otları	15.00 Beslen	nies Ders 15.00					
Others				0	0.00	0.00					
Final E	xams		•	Fox, E.L., Bowers, R.V	20.00 ., & Foss, M.L. (19	20.00 93). The					
Total W	/ork Load					150.00					
Total w	ork load/ 30 hr		E	ditör Dr.Esin Göksu Şe	ker "Sporcu Besler						
ECTS (Credit of the Course					5.00					
23	Assesment										
IERML	EARNING ACTIVITIES	R NUMBE	WEIGHT								
Midterm Exam 1				30.00							
Quiz 0				0.00							
Home v	work-project	1	10.00								
Final E	xam	1	60.00								
Total		3	100.00								
Contrib Succes	ution of Term (Year) Learning Activitiess Grade	es to	40.00								
Contrib	ution of Final Exam to Success Grade	9	60.00								
Total			100.00								

Measurem Course	ent ar	าd Eva	aluatio	n Tec	hnique	s Use	d in th	ıe								
24 EC	CTS /	' WO	RK L	OAD) TAB	LE		_								
25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ1 0	PQ11	PQ12	PQ1 3	PQ14	PQ15	PQ16
ÖK1	5	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	4	4	4	4	0	0	0	0	0	0	0	0	0	0	0	0
ÖK3	3	4	0	4	0	3	4	4	0	4	0	0	0	0	0	0
ÖK4	0	0	0	0	0	0	0	0	0	4	0	4	0	4	0	0
ÖK5	0	0	0	4	4	4	0	0	0	0	0	0	0	0	0	0
ÖK6	0	0	0	0	0	4	4	4	0	0	4	0	0	0	0	0
ÖK7	4	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0
ÖK8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
		<u>ا</u>	LO: L	earr	ning () Dbjec	tive	s P	'Q: P	rogra	am Qu	alifica	ations	<u> </u>		
Contrib 1 very low				2 low			3 Medium		4 High			5 Very High				

ution Level: