

ATHLETE NUTRITION

1	Course Title:	ATHLETE NUTRITION
2	Course Code:	AEB3001
3	Type of Course:	Compulsory
4	Level of Course:	First Cycle
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 face
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:	
	Course Content:	
Week	Theoretical	Practice
1	Definition of nutrition, importance, adequate and balanced nutrition Nutrition health and performance relationship	
2	Energy systems (Anaerobic, Aerobic)	
3	Nutrients • Carbohydrates • Carbohydrate intake before, during and after exercise	

4	Proteins • Protein requirement, insufficiency, excess • Sports nutrition place			
5	Oils • Duties • Sportsman's place in 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 requirement • Dehydration • Amount and time of water content to be given to the athlete			
9	Muscle glycogen loading and super saturation Effect of fat diets on endurance performance • Tea coffee alcohol			
10	Exercise • before and during • feeding			
11	Weight problems in athletes • Methods for finding ideal weight • Weight loss methods and recommendations • Energy balance • Daily food requirements and average daily energy needs of elite athletes			
12	Ergogenic aid, definition, importance • Nutrition-related ergogenic aids			
Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical	Physiological aids (Blood doping) Psychological aids (Psychological)	14	3.00	42.00
Practicals/Labs		0	0.00	0.00
Self study	Analysis and interpretation performance	4	12.00	48.00
Homeworks		1	10.00	10.00
Projects	Classification • Drugs • Doping methods • Some drugs related to restriction	1	15.00	15.00
Field Studies		0	0.00	0.00
Midterm exams	Textbooks, References and/or Other Materials:	Prof. Dr. Gurbuz Buyukyazi, Sporcu Beslenmesi Ders Notları	15.00	15.00
Others		0	0.00	0.00
Final Exams		İktisadi Cilt. Ankara. • Fox, E.L., Bowers, R.W., & Foss, M.L. (1993). The	20.00	20.00
Total Work Load				150.00
Total work load/ 30 hr		Wm.C Brown Communications Inc. Dubuque, Iowa, USA. Editör Dr.Esin Göksu Şeker "Sporcu Beslenmesi"		
ECTS Credit of the Course				5.00
23	Assesment			
TERM LEARNING ACTIVITIES		NUMBER	WEIGHT	
Midterm Exam		1	30.00	
Quiz		0	0.00	
Home work-project		1	10.00	
Final Exam		1	60.00	
Total		3	100.00	
Contribution of Term (Year) Learning Activities to Success Grade		40.00		
Contribution of Final Exam to Success Grade		60.00		
Total		100.00		

24	ECTS / WORK LOAD TABLE
-----------	-------------------------------

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	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
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low		2 low		3 Medium		4 High		5 Very High							