

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:	Prof.Dr.Nimet Haşıl Korkmaz nhasil@uludag.edu.tr, tlf: 02242940686 Bursa Uludağ Üniversitesi, Spor Bilimleri Fakültesi, Beden Eğitimi ve Spor Öğretmenliği Bölümü, Bursa/GÖRÜKLE
17	Website:	http://bilgipaketi.uludag.edu.tr/Ders/IndexENG/1092690
18	Objective of the Course:	The aim of this course to students; To teach the basic nutritional principles necessary for health, to give information about carbohydrates, protein, fat, vitamins, minerals and water, to explain the importance of basic and supplementary nutritional elements in sports success and to teach special nutrition practices and reasons, the use of nutritional ergogenic aids, To teach the concepts of energy balance, basal metabolic rate and daily calorie calculations in the control of energy.
19	Contribution of the Course to Professional Development:	It enables trainer candidates to have information about nutrition, which is one of the important issues in sportive performance.
20	Learning Outcomes:	
	1	To understand the general nutritional principles;
	2	To be able to explain basic and supplementary nutrients and their digestive processes;
	3	To be able to describe the basic chemical properties and sources of carbohydrates, proteins, lipids, vitamins, minerals and water components, and the consequences of deficiency and excess in the body;
	4	Understanding the importance of basic and supplementary nutritional elements in sportive performance;
	5	To be able to express the different nutritional methods applied before, during and after the exercises and competitions in different sports branches and the reasons for their application;
	6	Learning nutritional ergogenic aids, usage patterns, positive and negative effects, understanding antioxidant nutrition principles

	7	To be able to define the concept of energy balance in providing weight control and the concepts of resting metabolic rate, physical activity and thermal effect of food in determining daily energy expenditure;
	8	To be able to comprehend body mass index and some body composition measurement methods in providing weight control.
	9	Understanding weight problems in heavyweight sports;
	10	To have knowledge about Nutrition in Children and Adolescents;

21	Course Content:	
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Course Content:		
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Week	Theoretical	Practice
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1	Nutrition and nutrition concepts, importance of nutrition in athletes, explanation of nutrition pyramid, introduction of basic and supplementary nutritional elements, basic principles in healthy nutrition and sports nutrition.	
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2	Carbohydrate metabolism, sources, classification, the concept of glycemic index, the effect of simple and compound carbohydrates on muscle glycogen level and the effect of sports performance.	
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3	Carbohydrates recommended to be used before, during and after exercise and their reasons, carbohydrate loading, carbohydrate drinks	
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4	Lipids, digestion and functions in the body, sources and daily consumption recommendations, lipids classification, trans fats, omega3-6, lipoproteins and CAD relationship, the effect of exercise on lipoproteins.	
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5	Protein, digestion and its functions in the body, sources and daily consumption recommendations, classification, excessive and insufficient consumption, amino acid metabolism, ergogenic use and quantities in sports performance	
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6	Vitamins, digestion and their functions in the body, sources and daily consumption recommendations, classification, excessive and inadequate consumption, the role of vitamins in exercise and vitamin need.	
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7	Minerals, digestion and functions in the body, sources and daily consumption recommendations, classification, excessive and insufficient consumption, the role of minerals in exercise and mineral needs.	
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8	Water, digestion and its functions in the body, fluid balance, resources and recommendations for daily consumption, classification, excessive and insufficient consumption, the role of water in exercise and water need	
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9	Review of essential nutrients	
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10	Foods that should and should not be eaten in the diet of the pre-competition period and their reasons, nutrition recommendations specific to sports branches	
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11	Food to be consumed during the competition and its effects on the body, attention to nutrition after the competition, nutrition in preparation for competitions in hot weather	
12	Energy balance concept in providing weight control and its relationship with health, calculation of daily energy expenditure	
13	Nutrition in children and adolescents	
14	Nutrition in Special Situations	
22	Textbooks, References and/or Other Materials:	<p>Paker S. Sporda Beslenme, Onay Ajans, Ankara, 1998 (4. Baskı) Ersoy G. Egzersiz ve Spor Yapanlar için Beslenme, Nobel Yayın Dağıtım, Ankara, 2004 (3. Baskı)</p> <p>Wolinsky I, Driskell JA. Sports Nutrition, CRC Press-Taylor&Francis Group, USA, 2008 Eberle SG. Endurans Sports Nutrition, Human Kinetics, USA, 2000</p> <p>Editör Esin Şeker "Sporcu Beslenmesi" Hatipoğlu Yayınları 2017</p>
23	Assesment	
TERM LEARNING ACTIVITIES		NUMBE R
Midterm Exam		1
Quiz		0
Home work-project		1
Final Exam		1
Total		3
Contribution of Term (Year) Learning Activities to Success Grade		40.00
Contribution of Final Exam to Success Grade		60.00
Total		100.00
Measurement and Evaluation Techniques Used in the Course		Classic and Multiple Choice Questions
24	ECTS / WORK LOAD TABLE	

Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	3.00	42.00
Practicals/Labs	0	0.00	0.00
Self study and preperation	14	4.00	56.00
Homeworks	1	2.00	2.00
Projects	1	10.00	10.00
Field Studies	0	0.00	0.00
Midterm exams	1	1.00	1.00
Others	10	4.00	40.00
Final Exams	1	1.00	1.00
Total Work Load			152.00
Total work load/ 30 hr			5.07
ECTS Credit of the Course			5.00

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	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	0	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK5	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK6	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK7	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK8	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK9	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK10	2	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			