

SKILL ENHANCEMENT COURSE (SEC-4)

SEMESTER VI

BES-S601

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

SPORTS & EXERCISE NUTRITION

Unit – I

Meaning and Definition of Sports Nutrition

Basic Nutrition guidelines

Role of nutrition in sports

Unit – II

Carbohydrates, Protein, Fat – Meaning, classification and its function

Role of carbohydrates, Fat and protein during exercise

Nutrition – Daily calorie intake and expenditure, Determination of desirable body weight

Unit – III

Vitamins, Minerals, Water – Meaning and classification

Vitamins, Minerals, Water – Role and function

Role of hydration during exercise, water balance

Unit – IV

Meaning of weight management

Factor affecting weight management and values of weight management

Concept of BMI (Body mass index)

Obesity – Definition, meaning and types of obesity

Obesity and its hazard

Essential Reading :-

Practical Applications in Sports Nutrition Finic HH et al (2006), J & B Publisher, USA.

Handbook of Sports Nutrition, Lal PR (2009) Friends Publication.

SUGGESTED READINGS

Antoni, J. et al, Editors (2008). Essentials of Sports Nutrition and Supplements. Humana Press, USA.

Benardot, D. (2005). Advanced Sports Nutrition. Human Kinetics, USA.

Brown Judith E (2002). Nutrition Now. Canada Pub. Peter Marshal

Caliendo Mang Alica (1981). Nutrition and Preventive Health Care Mcemillin Publication Co.

Clark, N. (2008). Sports Nutrition. 4th Ed. Human Kinetics, USA.

Eberle, S.G. (2007). Endurance Sports Nutrition. Human Kinetics, USA.