SKILL ENHANCEMENT COURSE
(SEC-4) (THEORY) (Opt any one)
SEMESTER VI
SPORTS & EXERCISE NUTRITION

Max. Marks -100   **BES-S601**
70 Marks + Internal Assessment = 30   Marks Passing marks-40

The Course learning outcomes (COs): On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following…….
CO-1. Define the meaning and general principles of Sports Nutrition.
CO-2. Discuss the role of Nutrition.
CO-3. Acquiring the knowledge of Micro, macro Nutrients
CO-4. Determining the role of Hydration
CO-5. Appling the concept of Weight management.
CO-6. Calculating and examine the BMI

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.