

# スポーツと栄養Ⅰ

Syllabus Number

SPS-101

[VII]

Elective

2

credit

OMURA, KaOri

## 1. Course Description

"Sports nutrition" is the academic systematization of necessary nutritional theories, knowledge and skills for subjects with a large amount of physical activity by exercise and sports.

In this lesson, we aim to acquire the basic knowledge of sports and nutrition and think about "food" from various viewpoints.