

# スポーツ栄養学Ⅰ

Syllabus Number

SPS-312

Elective

2 credit

YOKOTA, Yukari

## 1. Course Description

These classes include classroom lectures and on-site practice lectures. The area surrounding sport science and nutrition. To obtain general knowledge about sports nutrition and physiology. Course topics include energy requirements for athletes, timing and composition of pre- and post-activity meals, vitamins and minerals, supplement, hydration and unique needs for various athletic groups.