



**Jordan University of Science and Technology**  
**Faculty of Agriculture**  
**Nutrition & Food Technology Department**

NF386 Athletes Nutrition
Second Semester 2021-2022

<b>Course Catalog</b>
3 Credit Hours. Biochemical and physiological changes during different types of exercises accompanied with nutritional recommendations according to these changes.

<b>Text Book</b>	
<b>Title</b>	Nutrition for Health, Fitness, and Sport.
<b>Author(s)</b>	Williams, M. H., Rawson, E. S., & Branch, J. D
<b>Edition</b>	1st Edition
<b>Short Name</b>	Ref #1
<b>Other Information</b>	2017

**Course References**

Short name	Book name	Author(s)	Edition	Other Information
Ref #2	Krause's food & the nutrition care process-e-book.	Mahan, L. K., & Raymond, J. L.	3rd Edition	2016

<b>Instructor</b>	
Name	<b>Nour Elsahoryi</b>
Office Location	-
Office Hours	
Email	naelsahoryi@just.edu.jo

<b>Class Schedule &amp; Room</b>
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## Section 1:

Lecture Time: Mon : 18:30 - 20:00

Room: منصة الكترونية

## Prerequisites

Line Number	Course Name	Prerequisite Type
632840	NF284 Human Nutrition	Prerequisite / Study

## Tentative List of Topics Covered

Weeks	Topic	References
Week 1	Introduction to Nutrition for Health, Fitness, and Sports Performance	From <b>Ref #1</b> , From <b>Ref #2</b>
Week 2	Healthful Nutrition for Fitness and Sport	From <b>Ref #1</b> , From <b>Ref #2</b>
Week 3	Human Energy	From <b>Ref #1</b> , From <b>Ref #2</b>
Weeks 4, 5	Carbohydrates: The Main Energy Food	From <b>Ref #1</b> , From <b>Ref #2</b>
Weeks 6, 7	Fat: An Important Energy Source during Exercise	From <b>Ref #1</b> , From <b>Ref #2</b>
Weeks 8, 9	Protein: The Tissue Builder	From <b>Ref #1</b> , From <b>Ref #2</b>
Weeks 10, 11	Water, Electrolytes and Temperature Regulation	From <b>Ref #1</b> , From <b>Ref #2</b>
Weeks 12, 13, 14	Nutritional Supplements and Ergogenic Aids	From <b>Ref #1</b> , From <b>Ref #2</b>

Mapping of Course Outcomes to Program Student Outcomes	Course Outcome Weight (Out of 100%)	Assessment method
Understanding the effect of exercise on human physiology and its role in health promotion. [1SLO1, 1SLO4]	25%	
Recognize the importance of optimal nutrition for physical performance. [1SLO1, 1SLO4]	15%	
Understand the metabolic changes in energy production during different types of exercise [1SLO1]	10%	
Estimate water, energy, macronutrient and micronutrient needs according to the levels and types of physical activity, and according to health status. [1SLO1, 1SLO4]	20%	

Evaluate the need for nutritional and sports supplementation to optimize physical performance and strength. [1SLO1, 1SLO4]	10%	
Explain strategies used in weight management for athletes [1SLO1, 1SLO4]	10%	
Discuss eating disorders that are common in this population. [1SLO4]	10%	

<b>Relationship to Program Student Outcomes (Out of 100%)</b>				
SLO1	SLO2	SLO3	SLO4	SLO5
50			50	

<b>Policy</b>	
Exams	The exams will include a variety of questions; true or false, multiple choice, fill in the blanks, and essay questions. Students should get at least 50% to pass the course consistent with the university guidelines.
Attendance	Consistent with Jordan University of Science and Technology guidelines, students absent from regularly scheduled examinations because of authorized University activities will have the opportunity to take them at an alternate time. No make-up exams will be given for unexcused absences.
Withdraw	Consistent with Jordan University of Science and Technology guidelines.

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