



Sports Nutrition

Course Objectives:

- Emphasize the importance of proper fueling for physical activity, pre- and post-workout
- Provide real-world effective advice for helping your students to make better food decisions
- Underscore male-and female-specific issues surrounding the topic of nutrition
- Clarify the warning signs for eating disorders and disordered eating
- To provide an overview about dietary supplements, how they are regulated and how to avoid use of contaminated dietary supplements
- To highlight the risks to athletes who use performance-enhancing drugs, including anabolic-androgenic steroids
- Reinforce the no-drug policy of interscholastic athletics

Unit 1: Course Introduction

- Welcome and Introduction
- Course Objectives

Unit 2: Nutrition

- Unit Introduction
- Unit Objectives
- General Nutrition
- Changing Eating Habits
- Special Diets and Issues
- Summary

Unit 2: Supplements

- Unit Introduction
- Unit Objectives
- Dietary Supplements
- Performance Enhancing Drugs
- Recreational Drugs
- Unit Review

Conclusion

- Final Remarks
- Acknowledgments

Resources (PDF's): *General Nutrition* - Where Do Your Favorite Foods Fit?, A to Z Healthy Snacks List, Dining Out the Healthy Way, Eating on the Run, Healthy Snacking, Let's Eat for the Health of It, My Pyramid Poster, *Special Diets* - Gluten Sensitivity in Athletes, Vegetarian Eating for Athletes, Vegetarian Food Guide, *Special Issues* - Disordered Eating in Adolescent Athletes: Prevalence and Risk Factors, The Female Athlete Triad, *Sports Nutrition* - Eating Before Exercise, Eating During Exercise, Eating for Recovery, *Weight Management* - Portion Control, Gaining Weight-Building Muscle, *Supplements* - 2009 Anabolic Steroids Position Statement, 2009 NFHS Supplements Position Statement, Dietary Supplements, Vitamin and Mineral Supplementation