



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

NF386 Sports Nutrition

First Semester 2023-2024

Course Catalog

3 Credit Hours. This course provides an overview of the specialized nutritional needs of athletes. It presents the scientific basis for the role of food and nutrients during athletic training, performance, and recovery. It describes the main energy pathways, identifies the role of each macronutrient (carbohydrate, fat, and protein) in exercise and provides nutritional recommendations for an athlete-specific activity.

Teaching Method: Electronic Course

Text Book

Title	Nutrition for Health, Fitness & Sport
Author(s)	Williams MH, Branch JD, Rawson ES
Edition	11th Edition
Short Name	Ref #1
Other Information	2017, McGraw Hill Education: New York

Instructor

Name	Mr. Naseem Alshwaiyat
Office Location	C4L3
Office Hours	Mon : 09:30 - 11:30 Tue : 13:30 - 14:30 Wed : 09:30 - 11:30 Thu : 13:30 - 14:30
Email	nmalshwaiyat@just.edu.jo

Class Schedule & Room

Section 1:

Lecture Time: Sun, Tue : 17:30 - 18:30

Room: متزامن الحضور منصة الكترونية

Prerequisites

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

Tentative List of Topics Covered

Weeks	Topic	References
Weeks 1, 2, 3	Introduction to Nutrition for Health, Fitness, and Sports Performance	From Ref #1
Weeks 4, 5	Healthful Nutrition for Fitness and Sport	From Ref #1
Weeks 6, 7	Human Energy	From Ref #1
Weeks 8, 9	Carbohydrates: The Main Energy Food	From Ref #1
Weeks 10, 11, 12	Fat: An Important Energy Source during Exercise	From Ref #1
Weeks 13, 14, 15	Protein: The Tissue Builder	From Ref #1

Mapping of Course Outcomes to Program 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%	

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

Evaluation	
Assessment Tool	Weight
First Exam	25%
Second Exam	25%
Participation	10%
Final Exam	40%

Policy	
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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