

NTR 205 Nutrition for Sport and Fitness

Nutritional Aspects

- 1-1: The student will demonstrate the ability to access and recommend nutritional guidelines for the following:
 - a. pre-participation meal
 - b. weight loss
 - c. weight gain
 - d. fluid replacement

- 1-2: The student will demonstrate the ability to use the nutritional food pyramid.

- 1-3: The student will demonstrate the ability to access and assess the following nutritional intake values:
 - a. RDA or equivalency
 - b. protein intake
 - c. fat intake
 - d. carbohydrate intake
 - e. vitamin intake
 - f. mineral intake
 - g. fluid intake

- 1-5: The student will demonstrate the ability to calculate the basal metabolic rate of energy expenditure.

- 1-6: Simulate intervention with an individual who has the signs and symptoms of disordered eating.

- 1-7: Identify proper referral sources for disordered eating.

Psychosocial Intervention and Referral

- 1-4: The student will demonstrate the ability to determine energy expenditure and caloric intake.