SHIVAJI UNIVERSITY, KOLHAPUR

CENTER FOR COMMUNITY DEVELOPMENT

CERTIFICATE COURSE IN SPORTS NUTRITION

AIMS :

- To provide foundational and advanced knowledge of sports nutrition.
- To develop skills for assessing and planning nutrition programs for athletes.
- To educate on the role of diet in performance enhancement and recovery.

OBJECTIVES :

- Understand the role of macro-nutrients and micro-nutrients in athletic performance.
- Develop nutrition strategies for different types of athletes.
- Analyze the effects of hydration and supplementation on sports performance.
- Apply scientific principles to create personalized meal plans for athletes.
- Understand legal and ethical considerations in sports nutrition.

COURSE CODE: CC-SN

DURATION: 5 MONTHS

ELIGIBILITY: 10th PASS

MEDIUM OF INSTRUCTION: English/Marathi

MAXIMUM STRENGTH: 30 students

FEES: Per Student Rs.4000/- + 150 Evaluation charges

A] SCOPE:

- Assistant Sports Nutritionist
- Assistant Dietitian for Athletes
- Health and Wellness Consultant
- Researcher in Sports Nutrition Science
- Fitness and Performance Coach
- Nutrition Adviser for Sports Teams

B] STAFF QUALIFICATION:

1. M.B.B.S./B.A.M.S./B.H.M.S.
2. M.P.Ed.
3. B.Sc./M.Sc./Diploma in Nutrition and Dietetics

C] INFARASTRUCTURE & OTHER REQUIREMENTS :

1. Lecture hall
2. Charts
3. Projector

D] COURSE TIME TABLE

3 days per week / 1 hour per day **or** 3 hours weekend batches

E] COURSE EVALUATION :

External evaluation - 50 marks (**Practical and Oral examination)**
Internal evaluation - 50 marks (Attendance, Project, Class perform., Visits)

F] COURSE STRUCTURE :

Contact hours- 75

Credits- 4

No.		**Hours**
1	**Theory**	**45**
2	**Practical**	**30**

SYLLABUS

Unit 1: Role of Nutrients in Sports Nutrition - 15 Hours

- Energy for exercise
- Carbohydrates
- Fats
- Proteins
- Vitamins and Minerals
- Water and Electrolytes

Unit 2 : Principles of Diet Planning in Sports Nutrition - 20 Hours

- Food guide pyramid for athletes
- Assessment of Dietary Nutrient Intake
- Estimation of Energy and Protein needs
- Nutritional Periodisation : preparation phase, competition phase, transition phase
- Diet before, during and after exercise

Unit 3 : Age, Gender, food habit and weight specific Nutrition - 16 Hours

- Nutrition for female athlete
- Nutrition for young athlete
- Nutrition for vegetarian athlete
- Weight gain and Weight loss in athlete

Unit 4 : Sports specific nutrition - 16 Hours

- Nutrition for endurance sports
- Nutrition for Racket sports
- Nutrition for team sports
- Nutrition for strength-power-speed related sports
- Nutrition for weight class sports

Unit 5 : Nutritional supplements - 8 Hours

- Anti-doping guidelines by National Anti Doping Agency (NADA) ,India.
- Approved supplements
- Supplements under considerations
- Supplements that have no proofs or beneficial effects
- Banned supplements

REFERANCE BOOKS :

1. Nutrition and Hydration guidelines for excellence in Sports Nutrition, International life sciences Institute-India, National Institute of Nutrition, Sports Authority of India.
2. Nutrition for Athletes, sixth edition,Nutrition working group of the International Olympic Committee.
3. NSCA's Guide to Sport and Exercise Nutrition, First edition, National strength and conditioning Association
4. The complete guide to Sports Nutrition, Anita Bean, Sixth edition.
5. Nutritional guidelines for Sportspersons, First edition, Geetanjali Bhide and Subhadra Mandalika, Jaypee Publications.
6. Exercise Physiology, fitness and sports Nutrition, B.Srilakshmi, New Age International Publishers.