

Human Nutrition

Te Tari Kai Tōtika Takata

Advanced Sports Nutrition

NUTN 407

Second semester – 30 points
Distance taught

This paper is relevant for medical, public health, sports or education professionals who want to develop or update their sports nutrition knowledge and skills to complement their work as:

- General practitioners
- Sports dietitians/nutritionists
- Public health practitioners
- Dentists
- Pharmacists
- Physiotherapists
- Nurses
- School teachers with a biological sciences background (food technology/physical education/health)
- Sports coaches/personal trainers with an exercise science, physical education and/or biological sciences background

This paper includes case studies and provides a critical and in-depth analysis of the latest trends and topical issues in sports and exercise nutrition. Paper topics vary but may include: sports nutrition research updates, sports supplements, extreme environments, energy availability, immune function, fluid intake, training and competition nutrition for optimal performance in endurance and team sports athletes.

On successful completion of the paper participants will be able to:

- Understand the practical applications of key research findings in specific areas of sports and exercise nutrition.
- Match sport and exercise-related physiological demands with appropriate nutrition strategies and guidelines.
- Convert sports nutritional guidelines into practical food-based suggestions.
- Evaluate the extent to which nutrition and nutritional supplements play a role in sports performance.
- Assess, monitor and advise athletes on appropriate nutritional strategies to optimise performance for training and competition.

For more information contact

Email human-nutrition@otago.ac.nz | Tel 64 3 479 7959 | otago.ac.nz/humannutrition

