EX 402: Sports Nutrition

An examination of the nutritional needs for sports performance. Focus will be placed upon macronutrient needs, micronutrient needs, and sports performance supplementation for athletes in accordance with recommendations by the National Strength and Conditioning Association (NSCA).

Hours: ∠
Prerequisites:

EX 385.

Program: Exercise Science

Semester Offered:

Intersession

1 2021-22 Catalog