

ESS 329 : Sport Nutrition

Sport nutrition combines the sciences of exercise physiology and nutrition. Students will enhance their exercise physiology knowledge with an understanding of the relationship among essential nutrients, energy metabolism and optimal sport performance. Students will also learn to assess a CSC athlete's diet and provide the athlete with a dietary prescription aimed at enhancing performance.

Credits 4

Prerequisites

[ESS 100](#) or [ESS 211](#)

Semester Offered

Offered spring of even-numbered years