











Sports Nutrition

COURSE LEVEL Undergraduate

YEAR 2021

COURSE INFORMATION

 AREA/CATALOGUE HLTH 3002	 COURSE ID O11616	 TIMETABLE/S Second Semester (Study Period 5)
 COURSE LEVEL Undergraduate	 UNIT VALUE 4.5	 COURSE OWNER UniSA Clinical & Health Sciences
 OFFERED EXTERNALLY No	 UNIVERSITY-WIDE ELECTIVE COURSE No	

Course aim

The aim of this course is to examine the fundamental concepts of nutritional science applied to exercise and sport; develop an understanding of the relationships between diet and sports performance and apply sports nutrition principles to exercise science.

Course content

Training and competition nutrition; preparation and recovery; ergogenic aids; athletes in special circumstances; sports nutrition quackery.

Textbook(s)

R. Belski; A. Forsyth and E. Mantziaris, *Nutrition for Sport, Exercise and Performance*, A&U Academic

Prerequisite(s)

Group 1

For IBNF students

Subject Area & Catalogue Number	HLTH 2001
Course Name	Human Nutrition
Subject Area & Catalogue Number	BIOL 2052



Course Name	Lifespan Physiology
Group 2	
For IBHT and IBCP students	
Subject Area & Catalogue Number	HLTH 2001
Course Name	Human Nutrition
Subject Area & Catalogue Number	HLTH 2006
Course Name	Exercise Physiology 1

Corequisite(s)

Nil

Teaching method

INTERNAL, CITY EAST	
Component	Lecture
Duration	2 x 1 hour x 13 weeks
Component	Tutorial
Duration	2 hours x 6 weeks

Note: These components may or may not be scheduled in every study period. Please refer to the timetable for further details.

Assessment

INTERNAL, CITY EAST	
Task	Written examination
Length	2 hours
Weighting	40%
Duration	-
Task	Research report
Length	2000 words
Weighting	35%
Duration	-
Task	Case studies
Length	1500 words
Weighting	25%



Duration

-

Fees

EFTSL*: 0.125

Commonwealth Supported program (Band 2)

To determine the fee for this course as part of a Commonwealth Supported program, go to:

[How to determine your Commonwealth Supported course fee. \(Opens new window\)](#)

Fee-paying program for domestic and international students

International students and students undertaking this course as part of a postgraduate fee paying program must refer to the relevant program home page to determine the cost for undertaking this course.

Non-award enrolment

Non-award tuition fees are set by the university. To determine the cost of this course, go to:

[How to determine the relevant non award tuition fee. \(Opens new window\)](#)

Not all courses are available on all of the above bases, and students must check to ensure that they are permitted to enrol in a particular course.

** Equivalent Full Time Study Load. Please note: all EFTSL values are published and calculated at ten decimal places. Values are displayed to three decimal places for ease of interpretation.*

Course Coordinators



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UniSA Clinical & Health Sciences



Contact us

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Enquiry: unisa.edu.au/international/enquiry

For further information please visit unisa.edu.au/study

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