Course Title: Sports Nutrition
Course Code: SCI 46
Instructor: Clyde Wilson

Course Summary
Coordinating nutrition with exercise dramatically improves exercise benefits, such as weight loss, health (including immune strength), and fitness. In this course, we will examine how nutrition for performance addresses delaying fatigue, driving adaptation, and speeding recovery. Delaying fatigue requires hydration and fuel supply, and speeding recovery demands a broad spectrum of targeted nutrients. Adaptation (the body’s ability to improve through changes in gene expression) is also highly influenced by nutrition. For example, both protein and carbohydrate refueling soon after exercise are critical to stimulating our DNA to initiate muscle healing, and both unsaturated fats and antioxidants in recovery meals are critical to increasing fat burning and therefore endurance. This course will review the science of sports nutrition and will guide you in applying this information to your own personal sports nutrition program. The important foundations of your program are separated into what you are consuming during and right after exercise (calories, fluids, electrolytes) and throughout the rest of your day (meals, snacks, hydration). By covering both theory and application, the course will be equally relevant to those interested in the science and those wanting to improve their exercise results.

Tentative Weekly Outline
1. Foundations: the nutrient flow model through the lens of healthy fitness
2. Rebuilding: protein needed for different goals, importance of sources & timing
3. Refueling: estimating replenishment needs to enable protein use for recovery
4. Recovery meals: organizing each meal & snack for targeted purposes
5. Hydration & supplements: Electrolyte balance & a review of key supplements
6. Guest speakers & discussion: engineering your personal sports nutrition program

Grade Options and Requirements
- No Grade Requested (NGR): This is the default option. No work will be required; no credit will be received; no proof of attendance can be provided.
- Credit/No Credit (CR/NC): Students must turn in all homework
- Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose the Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.

Required Books/Materials: None

Please contact the Stanford Continuing Studies office with any questions
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Note About Live Attendance and Recording:

These class sessions will be recorded.

Live participation is required in order for students to receive the full benefit of the course. Class recordings are not intended to be a replacement or substitute for class attendance.