SCI 46: Sports Nutrition and Recovery Methods
Fall 2016

Instructor
Clyde Wilson, PhD

Overview
A scientific review and pragmatic application of sports nutrition. There are no pre-requisites—though please note: This is a science-heavy course.

Grade Options
No grade requested: This is the default option; just show up for class. No work is required.
Credit: Based on participation (homework required).

Course schedule
Week 1 Factors for sports nutrition: delaying fatigue, speeding recovery, and driving adaptation
Week 2 Carbohydrate: sugar types and maximizing fueling before, during, and after exercise
Week 3 Protein: amount, timing, sources, and the importance of coordinating with carbohydrate
Week 4 Hydration and electrolytes: nerve signaling, fluid retention, hyponatremia, and diuresis
Week 5 Dietary fats, importance for recovery, pitfalls of fat-adaptation or carb-deficit training
Week 6 Sports nutrition as an extension of eating for health: avoiding overtraining nutritionally
Week 7 Vitamins, minerals, supplements (nutraceuticals) and gene expression (nutrigenomics)
Week 8 Applications in the kitchen, recovery methods discussed throughout the course summarized