

Subject Title : **NUTRITION GUIDANCE IN PHYSICAL EXERCISE**
Subject Code : **FIT5207-E**
Credit Points : **4.0 (Theory)**
Teaching Hours : **2800 Minutes/47 Hours**
Subject Type : **Elective**
Semester : **4 & 5**

Subject Description:

Diet and exercise are closely related, and knowledge about nutrition is very important for a health and fitness instructor. During this course, students will get a review of current and research-based knowledge about physical activity and nutrition. The course will also focus on nutrients and composition of dietary recommendations for both weight gain and weight loss, and nutrition for improvement of physical performance. Supplements and tools for cost calculation, ethical guidelines within fitness industry, with particular emphasis on doping and performance enhancing effects will also be essential in this course.

Objective:

The objective of this subject is that students will be able to understand the relationship between proper diet and exercise. In this matter it is important that students know the use of cost accounts, and how supplements contribute to the effect of exercise. Through current and research-based knowledge about physical activity and nutrition, the students should be able guide in diet and physical performance, health and weight control, based on the ethical guidelines within fitness industry.

Subject Content:

- Basic nutrition
- The relationship between diet and exercise
- Nutrition and performance in training / competition
- Supplements and tools for cost calculation
- Dietary recommendations for both weight gain and weight loss
- Dietary advice before, during and after exercise and how this affects performance
- Code of Conduct within the fitness industry
- Ethical guidelines for customers
- Provide positive attitudes in the relationship between doping and performance-enhancing drugs.