



## Creating Safe Sport and Physical Activity Experiences, Part III Course Syllabus

### Course Description

Part three of a three-part professional development program on creating safe sporting experiences. This course will give an overview of nutrition and its importance in performance. Coaches are often asked questions in regard to proper eating and they need to be able to answer questions correctly, as well as know that they may not have all the answers and where to go for answers in those cases. It also talks about the importance of nutrition in the injured athlete, often not thought of as part of the rehabilitation process.

### Course Objectives

At the end of this course you should be able to:

1. Describe basic nutritional considerations for the athlete.
2. Explain the role of nutrition for different athletes.
3. Reinforce the need for optimal hydration in sport and body function.
4. Determine safe guidelines for the use of nutritional supplements for youth sports.
5. Identify the dangers of energy drink supplementation.
6. Describe disordered eating and eating disorders.
7. Describe the components of the Female Athletic Triad and Relative Energy Deficit Syndrome.
8. Describe the relationship between alcohol use or abuse, disordered eating/eating disorders, and/or physical activity.

- Module 1: Introduction to Sport Nutrition, Quiz 1
- Module 2: Nutrition for Specific Athletes, Quiz 2
- Module 3: Hydration, Quiz 3
- Module 4: Nutritional Supplementation in Youth Sports, Quiz 4
- Module 5: Dangers of Common Energy Supplementation, Quiz 5
- Module 6: Disordered Eating or Eating Disorder? What's the Difference?, Quiz 6
- Module 7: FAT and RED-S, Quiz 7
- Module 8: Wait, There's More?, Quiz 8

### Grading

Each quiz must be passed at an 80% or higher (retakes allowed).



### Format

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find readings that will help you to answer quiz questions.