

A brief Course Description

Course Name: Nutrition and Exercise			
Course Code	PHS 404		
College	College of Education		
Department/ Program	Department of Physical Sports Sciences/ Sports Sciences and Physical Activity Program.		
Year / Level:	4 th Year/ 7 th level		
Credit Hours	(2) Two credit hours		
Contact Hours	Lecture:2	Lab/Tutorial: None	Training: None
Language	Arabic		
Track (Select)	Department Requirement.		
Pre-requisites Course:	None		
Co-Requests:	None		
Course Objectives:	<p>This course introduces the basic knowledge and concepts of healthy nutrition, what are the essential nutrients, and the functions of carbohydrates, fats and proteins and their role in building body tissues and energy saving, in addition to the functions of mineral salts, vitamins and water to maintain health, focusing on the relationship of nutrition to exercise (And during and after physical activity), as well as knowing the difference between additives and supplements and their impact on health. And how to see the food information card and understand the components. It also offers applications for how to develop an individual diet program for practitioners of physical activities to maintain health.</p>		