

# CUL 234 - CULINARY SPORTS NUTRITION

## Course Description

This course will build upon basic nutritional fundamentals with the specialized knowledge needed to create dishes and menus that meet the unique dietary needs of elite athletes. Emphasis will be placed on how the body obtains caloric energy and uses that energy to support optimal health during training, performance, and recovery. Students will learn how to calculate caloric, macronutrient, and fluid needs of the athletes they serve with an emphasis on whole, nutrient-dense, local, and sustainable food preparation to support the vision of GLCI. Group 2 course.

## Credit Hours

2

## Contact Hours

2

## Lecture Hours

2

## Required Prerequisites

CUL 102, CUL 110, CUL 111, CUL 118, CUL 201, CUL 210, CUL 213, BIO 106, and BIO 106L

## General Education Outcomes supported by this course

Communications - Direct

## Course Learning Outcomes

### Knowledge:

- Describe the parameters of normal nutrition, or lack of, and how it supports health and the needs of the athlete.
- Describe how calorie needs change based on sport type, competition days, rest and recovery.
- Identify the roles of micronutrients, antioxidants, electrolytes, and phytonutrients in both performance and recovery.
- Describe the role of nutrition and the effect on athletic performance.
- Describe the role of proper hydration before, during, and after athletic activities.
- Describe the pros and cons of supplements, ergogenic aids, caffeine, and alcohol and their effects on athletic performance, based on scientific studies.

### Application:

- Examine the ways in which macronutrients (carbohydrates, proteins, and fats) function and support the body.
- Examine the ways in which animal and plant sources of macronutrients affect the body and sports performance.
- Differentiate nutrition needs for athletes differs from that of the general population.
- Recommend sport-specific nutritional intake on training days, competition days, recovery days and rest days.

- Examine the ways in which nutrition affects the brain, the microbiome and gut-brain pathway.
- Calculate calorie, protein, and fluid needs of an individual.

### Integration:

- Demonstrate cooking methods and techniques that meet the needs of athletes demanding culture-specific, vegetarian, vegan or other cuisine.
- Demonstrate proficiency of knowledge by creating meals and menus for athletes, utilizing proper portions of macronutrients.

### Human Dimension:

- Collaborate with a team to provide optimal nutritional recommendations for an athlete.
- Be aware of the interpersonal skills needed to successfully collaborate with both the culinary team and athletes.

### Caring - Civic Learning:

- Be aware of the cultural and ethnic needs of athletes in regards to nutrition.
- Commit to taking care of yourself through proper diet and exercise.

### Learning How to Learn:

- Discern reputable sources from unqualified sources.
- Reflect on your own learning and develop a plan for continued growth and development.