

CUL 235 - APPLIED SPORT AND PERFORMANCE NUTRITION LAB

Course Description

Utilization of theoretical sport and performance nutrition concepts in an applied “food-as-medicine” laboratory setting. This course will provide hands-on experience in developing human performance menu items. An emphasis on holistic and complementary medicine, combined with evidence-based, anti-inflammatory foods, will be highlighted. Discussion of sport-specific nutritional interests and future career goals will be considered. Group 2 course.

Credit Hours

2

Contact Hours

4

Lab Hours

4

Required Prerequisites

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

Corequisites

CUL 234

General Education Outcomes supported by this course

Critical Thinking - Direct

Course Learning Outcomes

Knowledge:

- Identify evidence-based principles of sport and performance nutrition related to anti-inflammatory and functional foods.
- Describe the role of food-as-medicine approaches within holistic and complementary nutrition practices.

Application:

- Develop and prepare performance-oriented menu items that meet the nutritional needs of specific athlete profiles.
- Evaluate and adjust recipes based on nutrient density, performance goals, and applied laboratory testing.

Integration:

- Connect culinary techniques with sports nutrition science to create cohesive human performance dishes.
- Integrate input from related disciplines, such as dietetics and exercise physiology, into menu development and presentation.

Human Dimension:

- Reflect on their role as performance-focused culinarians within a multidisciplinary athletic support team.
- Assess how their personal strengths and interests align with potential career paths in sports, wellness, and performance cuisine.

Caring - Civic Learning:

- Demonstrate commitment to preparing foods that support athlete health, recovery, and long-term well-being.
- Value the importance of whole, sustainable, nutrient-dense ingredients in promoting optimal human performance.

Learning How to Learn:

- Develop strategies for staying current with emerging research in sports nutrition and functional culinary practices.
- Practice self-directed experimentation and iterative recipe testing to continuously refine performance-focused culinary skills.