

Code	10200		
Class name	Sports Nutrition		
Semester	1st	Lecture target	1
Unit Classification	Elective	Unit count	2
Charge teacher	Okano Ryosuke		
Category	Professional education subject		
Class style	Lecture		
Class time	Mon/3		
NO.	Cb12145w		

Professional career-experienced <input checked="" type="checkbox"/> a course taught by a teacher with practical experience On practical contents related to class
Languag <input checked="" type="checkbox"/> using languages other than Japanese
Active learning elements <input type="checkbox"/> problem-solving-learning in cooperation with external organizations based on agreements <input type="checkbox"/> discussion,debate <input checked="" type="checkbox"/> group work <input type="checkbox"/> presentation <input type="checkbox"/> practical training,fieldwork

Class outline,goal
From a welfare point of view of improving and cultivating the social welfare and enhancement of the culture, the aim of this course is to help students understand the basis of nutrition, energy metabolism during exercise, timing of meal intake, sleep and training, how to eat according to various sports events, relationship between diet and disease and how to eat in order to enhance sports performance.
Class plan
1. Introduction, Basis of nutrition 1 (5 major nutrients, Food group, Specific dynamic action and so on) 2. Basis of nutrition 2 (Dietary intake standards of Japanese, Timing of meal intake, sleep and training and so on) 3. Basis of nutrition 3 (Judgment method of obesity, Prevention of metabolic syndrome and Active oxygen and foods with antioxidant effect) 4. Basis of nutrition 4 (Essential amino acids, Anaerobic process, Aerobic process, TCA cycle, PFC ratio and so on) 5. Nutritional science of sports 1 (Relationship of sports with carbohydrate, fat and protein)

6. Nutritional science of sports 2 (Relationship of sports with vitamin and mineral)	
7. Nutritional science of sports 3 (Sports and energy intake and nutritional balance)	
8. Nutritional science of sports 4 (Sports and breakfast)	
9. Nutritional science of sports 5 (Sports and hydration and supplement)	
10. Nutritional science of sports 6 (Arrange method of foods)	
11. Nutritional science of sports 7 (How to eat according to sports events)	
12. Nutritional science of sports 8 (Relationship of sports with body fat, anemia and body building)	
13. Nutritional science of sports 9 (Meal to promote the therapeutic effect in the case of muscle, tendon and ligament)	
14. Safe diet method (White fat cells and brown fat cells, Intensity, time and frequency of aerobic exercise, Stimulus to cold spot, UCP and Influence of obesity-related gene)	
15. Nutrition and lifestyle-related disease final exam	No
Grading method	
Grading will be decided based on final report and quiz of each class.	
Assigned books	
Related document will be distributed at each class.	
Classroom equipment	
Video equipment (using video or DVD)	
Advice on preparation and review	
Check lecture contents at each class and read the references and documents of each class.	
Class rules	
You must refrain from speaking privately and using your smart phone during lecture.	
Grading Criteria	
Your final grade will be calculated according to the following process: Final report(95%) and quiz of each class(5%).	
Feedback method	
The submissions will be checked and returned them with some comments.	
Note	
Late will be severely prohibited. You must refrain from putting your smart phone on your desk.	
Office hour	

The 2nd period on Friday
Improvements from the results of the previous year's class evaluation questionnaire
Students will be guided to take much more time of preparation and review.