

EXER 356: Nutritional Supplements and Ergogenic Aids

Examines the biochemistry of humans in relation to nutrition and exercise. Emphasizes the basic elements of carbohydrate, fat, and protein metabolism, the role of nutrition in providing energy, building/repairing tissues and regulating metabolic processes during sports and the degree to which nutrition may enhance fitness. Discusses prevalent ergogenic aids (based on reputable research) and how they are thought to increase anaerobic and aerobic power (fitness) and athletic performance.

Credits: 3

Program: Exercise Science