

Instructor's Resource Manual

SPORTS NUTRITION

A Handbook for Professionals

7th Edition



Academy of Nutrition and Dietetics
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Sports Nutrition: A Handbook for Professionals, Seventh Edition—Instructor's Resource Manual

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INTRODUCTION

The *Instructor's Resource Kit* was developed to assist faculty adopting *Sports Nutrition: A Handbook for Professionals*, seventh edition, into their curriculum. Designed as a complete reference manual, *Sports Nutrition* is appropriate as the primary textbook for undergraduate and graduate level sports nutrition courses, as well as a reference for use in practice, and as an exam study resource for the Board Certification as a Specialist in Sports Dietetics (CSSD). The seventh edition continues to offer cutting-edge research and evidence-based guidance for professionals working with athletes of all ages and levels. This edition contains 3 new chapters and is divided into 5 sections:

- Section 1: Sports Nutrition Foundations (Chapters 1 through 7) covers foundational knowledge for studying sports nutrition.
- Section 2: Sports Nutrition Assessment and Energy Balance (Chapters 8 through 11) features practical application and skill-building content.
- Section 3: Principles in Practice (Chapters 12 through 19) addresses population-specific practical applications of the sports nutrition basics discussed in Sections 1 and 2.
- Section 4: Activity-Specific Nutrition Guidelines (Chapters 20 through 23) focuses on guidelines specific to intensity and duration of sports as well as a new chapter on tactical performance nutrition.
- Section 5: Advancing the Future (Chapters 24 through 26) explores emerging opportunities in sports nutrition and 2 new chapters on dietary patterns in athletes and nutrition operations and management.

The At-A-Glance section features a summary of the physical and nutritional demands for 24 different sports, including general nutrition guidelines, common nutritional concerns, and resources for each sport. This section can be used to supplement the course and would be appropriate for additional exploration through assignments or projects.

How to Use the Sports Nutrition Instructor's Resource Kit

The *Sports Nutrition Instructor's Resource Kit* includes the Instructor's Resource Manual, handouts, and PowerPoint slides. All resources are provided in electronic format and are designed as a starting point that can be adapted to individual course needs.

The Resource Manual is divided into 26 chapters that mirror the textbook. Each chapter contains learning objectives, chapter notes, and a student handout with foundation and acquisition of skills questions and an activity assignment. **Chapter Notes** include highlights and key points to emphasize for each chapter. **Foundation and Acquisition of Skills questions** are for use during the lecture or can be used as homework assignments; these should be completed before the **Activity**. In most chapters, the Activity is written in the style of a case study and includes application questions related to major points of the chapter. These can be used as group assignments during class or as individual assignments. The Skills and Activity sections include both the prompt and the answer. Student handouts containing only the questions are provided in separate documents.

A sample course schedule is provided on pages 3 and 4. The sequence of chapters may be rearranged by the instructor to suit the plans for the course. We recommend that Chapter 24: Emerging Opportunities in Sports Nutrition be covered in a homework assignment rather than as an in-class assignment.

Student Handouts

Blank worksheets with the Foundation and Acquisition of Skills questions and the Activity prompt are included in separate Microsoft Word documents. These files can be edited to fit course needs.

PowerPoint Slides

PowerPoint slides are provided for each of the 26 chapters and follow the sequence and key information for each chapter. Each set of slides includes an opening slide with chapter objectives and a closing slide with key takeaways. The slides can easily be customized within PowerPoint to fit the needs of the course. The Notes section for each slide includes talking points for the instructor.

Art Figures and Images

Figures featured in these PowerPoints are the same as those in *Sports Nutrition* and are protected by US Copyright laws. These cannot be reproduced or distributed without consent of the copyright owner.

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Sample Course Content and Schedule

Date	Topic	Resources
Week 1	Course Introduction Physiology of Exercise	Handouts Chapter 1
Week 2	Carbohydrate and Exercise Chapter 1 Activity Due -----	Handouts Chapter 2
Week 3	Protein and Exercise Chapter 2 Activity Due -----	Handouts Chapter 3
Week 4	Dietary Fat and Exercise Chapter 3 Activity Due -----	Handouts Chapter 4
Week 5	Vitamins, Minerals, and Exercise Chapter 4 Activity Due -----	Handouts Chapter 5
Week 6	Fluid, Electrolytes, and Exercise Supplements and Sports Foods Chapter 5 Activity Due -----	Handouts Chapter 6 Chapter 7
Week 7	Nutrition Assessment Anthropometric Measurements and Body Composition Chapters 6 and 7 Activities Due -----	Handouts Chapter 8 Chapter 9
Week 8	Energy Balance Weight Management Chapters 8 and 9 Activities Due -----	Handouts Chapter 10 Chapter 11
Week 9	Child and Adolescent Athletes College Athletes Chapters 10 and 11 Activities Due -----	Handouts Chapter 12 Chapter 13
Week 10	Masters Athletes Elite Athletes Chapters 12 and 13 Activities Due -----	Handouts Chapter 14 Chapter 15
Week 11	Vegetarian Athletes Pregnant Athletes Chapters 14 and 15 Activities Due -----	Handouts Chapter 16 Chapter 17
Week 12	Eating Disorders in Athletes Athletes With Diabetes Chapters 16 and 17 Activities Due -----	Handouts Chapter 18 Chapter 19
Week 13	Nutrition for Short-Duration Very High- and High-Intensity Sports Nutrition for High-Intensity, Intermittent Sports Chapters 18 and 19 Activities Due -----	Handouts Chapter 20 Chapter 21

Date	Topic	Resources
Week 14	Nutrition for Endurance and Ultraendurance Sports Tactical Performance Nutrition Chapters 20 and 21 Activities Due -----	Handouts Chapter 22 Chapter 23
Week 15	Emerging Opportunities in Sports Nutrition Dietary Patterns and Athletes Nutrition Operations and Management Chapters 22 and 23 Activities Due -----	Handouts Chapter 24 Chapter 25 Chapter 26
Week 16	Chapters 24, 25 and 26 Activities Due ----- FINALS	

For twice-per-week courses, follow same schedule above.

For once-per-week courses, each class is equivalent to 1 week.

Competencies and Performance Indicators

The Instructor's Resource Manual may be used by educators to develop competency-based plans for nutrition and dietetics courses related to sports nutrition. This manual includes a variety of learning activities that may be used to conduct both formative evaluations (ie, those that promote and evaluate student learning) and summative evaluations (ie, those that evaluate student learning following completion of a chapter/section). These evaluations may be used to assess student achievement on required dietetics education competencies developed by the accrediting agency for dietetics programs, the Accreditation Council for Education in Nutrition and Dietetics (ACEND). ACEND competencies (2022) most closely related to sports nutrition for graduate and undergraduate programs are listed in the Appendix. These include Future Education Model competencies and performance indicators as well as core knowledge and competencies of the RDN. Learning activities that may be used to evaluate student achievement of knowledge and competence are provided.