

6<sup>TH</sup> EDITION

# SPORTS NUTRITION

Instructor's  
Resource Manual



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*Sports Nutrition, Sixth Edition, Instructor's Resource Manual,*

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# INTRODUCTION

The *Sports Nutrition, Sixth Edition, Instructor's Resource Manual*, handouts, and PowerPoint slide decks were developed as resources for faculty adopting *Sports Nutrition: A Handbook for Professionals*, sixth edition. This book is written by sports registered dietitian nutritionists (RDNs) and other exercise experts, and published by the Academy of Nutrition and Dietetics. Designed as a complete reference manual, *Sports Nutrition* is appropriate as the primary textbook for undergraduate and graduate level sports nutrition classes, 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 book consists of 4 main sections:

- Sports Nutrition Basics (Chapters 1 through 7) covers foundational knowledge for studying sports nutrition.
- Sports Nutrition Assessment and Energy Balance (Chapters 8 through 11) features practical application and skill building content.
- Principles in Practice (Chapters 12 through 19) addresses population-specific practical applications of the sports nutrition basics discussed in Sections 1 and 2.
- Sports-Specific Nutrition Guidelines (Chapters 20 through 23) focuses on guidelines specific to intensity and duration of sports as well as emerging opportunities in sports nutrition.

The remaining At-A-Glance section features a summary of the physical and nutritional demands for 18 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.

## INSTRUCTOR'S RESOURCE MANUAL

The guide that follows provides chapter objectives and key information for the instructor for each of the 23 chapters. **Chapter Notes** indicate highlights and key points to emphasize from each chapter. **Foundation and Acquisition of Skills questions** are for use during the class or for homework assignments. These should be completed before the **Activity** provided to accompany the chapters. In most chapters, this is a case-study style activity that 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. Handouts with just the questions are provided in separate documents.

A sample course schedule is provided at the end of this guide. The sequence of chapters may be rearranged by the instructor to suit the plans for the course.

## POWERPOINT SLIDES

Slides are provided for each of the 23 chapters and follow the sequence and key information for each chapter. Each set of chapter 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.

## HANDOUTS

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

## ART FIGURES AND IMAGES

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