



BELDA COLLEGE

Belda :: Paschim Medinipur :: 721424 :: W.B.

Department of Nutrition

Offers e-Certificate Course on
Sports Nutrition
Session :2020-2021

Commencement of Course from 27th September, 2021

- Course Contents:
1. Introduction to sports nutrition
 2. Energy metabolism in health and sports
 3. Carbohydrate nutrition for sports
 4. Lipid nutrition for sports
 5. Proteins nutrition for sports
 6. Micronutrients in sports
 7. Vitamin like compounds and Pseudo vitamins in sports
 8. Ultra trace minerals in sports
 9. Fluid and electrolyte balance during exercise and sports
 10. Designing diets for athletes

Course Co-ordinators: Koushik Das and Devastotro Poddar

Course Co-coordinators: Riya Mondal, Anumita Mallick, Anju Manna and Sanjay Das.

Course Outcome: The certificate course in Sports Nutrition will provide coverage to the principles underlying diet planning for exercise and sports. The topics covered in this course will help athletes and coaches to understand what kind of diet is needed to optimize their performance for sports and exercise. This includes the selection of the right balance of carbohydrates, proteins, and fats to provide energy and build or maintain muscles, designing diet plans, and use of nutritional supplements.

Course Prospects: Sports Nutritionist, Sports Nutrition Trainer, Fitness Influencer, Job in Sports Academy etc.

Course Duration: 30 hrs (2 Weeks), **Seats Availability:** 50, **Course fee:** Rs.500/-

Eligibility: 10+2 (H.S or equivalent). Admission registration link [Click here](#)

Certificate will be issued to participants.