

## EXSS 320: EXERCISE & SPORTS NUTRITION

Examines the nutritional needs and requirements before, during, and after exercise, as well as specific applications to athletes. This course will integrate nutrient metabolism, nutrition science, and exercise physiology as it applies to sport performance, exercise and health.

**Credits:** 3

**Prerequisites:**

A grade of "C" or better in [HSCI200](#).

**Department:** Exercise Science