Bemidji State University

PHED 6200: Applied Physiology and Nutrition

A. COURSE DESCRIPTION

Credits: 3
Lecture Hours/Week: 0
Lab Hours/Week: 0
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

An examination of current conditioning and nutritional practices in sport. Emphasis will be on reading research related to these practices, as well as developing skills and methods for assessing performance and the effects of conditioning.

B. COURSE EFFECTIVE DATES: 11/20/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

None

D. LEARNING OUTCOMES (General)

None

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted