proper nutrition in regular exercisers and elite athletes. Furthermore, this course offer practical knowledge about the preparation of an individual nutrition program and supplement plan for people who are regularly involved in sport Upon completion of this module, students shall be able to: • Understand the importance of nutrients in the human body. • Have also knowledge of each nutrient separately including basics related to balance diet and fluids in sport. • Be able to assess and analyze the daily energy requirements of people who are physically active.	Subject	Diet and Nutritional Supplements in Sports Activities			
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	2. Lori A. Smolin, Ph.D., and Mary B. Grosvenor, M.S., R.D. (2010). Nutrition for Sports and Exercise,	
	3. Rawson, E. S., & Volpe, S. (2015). Nutrition for elite athletes. CRC Press.	
	4. Bushman, B., & American College of Sports Medicine. (2017). ACSM's Complete Guide to Fitness & Health, 2E. Human Kinetics.	
Ethical standards	This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.	
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