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Sports nutrition focuses on good eating habits all the time, but also may focus on carbohydrates. For example, athletes training for endurance events may eat more carbohydrates in their diets in the days before the event to boost their energy and

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performance. Protein for muscle repair and growth is another important aspect of sports nutrition.

## **Fitness Sports nutrition - Mayo Clinic**

Nutrition for Athletes. Athletic performance and recovery from training are enhanced by attention to nutrient intake. Developing an ideal nutrition plan for health and performance includes identifying the right quantity, quality and proper timing of food and fluids needed to support regular training and peak performance.

## **Fitness and Sports Nutrition | Food and Nutrition ...**

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## **President's Council on Sports, Fitness & Nutrition (PCSFN)**

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There are many ways to turn your passion for fitness and nutrition into a meaningful, successful profession. As a student in Bastyr's Bachelor of Science in Nutrition and Exercise Science

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program, you'll gain an in-depth knowledge of the body's physiology and mechanics, as well as an understanding of mind-body wellness and the role of nutrition in health.

## **Bachelor of Science in Nutrition & Exercise Science ...**

Learn how nutrition affects exercise and sports-related fitness. Understand how nutrition can be optimized for performance and energy utilization. Discuss protein, ergogenic acids, and hydration in sports nutrition. You'll also learn about how competitive athletes should tweak their meals for competition.

## **Nutrition for Optimal Health, Wellness, and Sports**

Sport Nutrition | The application of nutritional principles to sport, such that there is: - Application of eating strategies to promote good health and adaptation to training - Quicker recovery after exercise training sessions

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