1.	**School**	Faculty of Agriculture
2.	**Department**	Department of Nutrition and Food Processing
3.	**Program title (Arabic)**	الدبلوم العالي في تغذية الرياضيين
4.	**Program title (English)**	Higher Diploma in Sports Nutrition

5. First: General Rules & Conditions:

a. First Priority: Bachelor's degree in Human Nutrition and Dietetics, Bachelor's degree in Food and Nutrition Processing, and Bachelor's degree in Sports Sciences .

b. Second Priority : Bachelor's degree in Health Colleges, Bachelor's degree in Science Colleges (Chemistry, Life Sciences, Medical Laboratory Sciences, and Biotechnology), Bachelor's degree in Food Science, Bachelor's degree in Food Science and Technology, and Bachelor's degree in Animal Production and Veterinary Medicine .

c. Third Priority: Bachelor's degree in Plant Protection, and Bachelor's degree in Horticulture and Crops.

6. Special Conditions: None

Coding System:

0	6	0	3	5	0	0
Faculty		Department		Level	Field	sequence

7. Study Plan: consists of (24) credit hours distributed as follows:

1. Obligatory Courses (15 credit hours):

Course Number	Course name	Credit Hrs	Theory	Practical
0603764	Nutrition and Physical Activity	3	3	-
0643762	Nutritional Assessment for athletes	3	2	3
0603501	Nutrition and Sports Training Loads	3	2	3
0603502	Exercise Metabolism and Sports Meal Planning	3	2	3
0603503	Exercise Physiology	3	3	-

2. Elective Courses (9 credit hours):

Course No.	Course Title	Credit Hours	Theory	Practical
0603504	Foods Preparation for Sports Treatments	3	2	3
3802716	Advance Fitness Programs	3	3	-
0603505	Applied Nutrition Across Different Types of Sports	3	2	3

0603506	Dietary Supplements, Stimulants, and Drugs	3	3	-

Course Descriptions for the Higher Diploma in Sports Nutrition:

Course name:	**Nutrition and Physical Activity (3 credit hours)**
Description	Study of physiological and biochemical aspects of exercise in man, human performance, and the nature of cardio-respiratory fitness and muscular efficiency; the methods of measuring human energy expenditure during physical activity and energy capacity as well; the role of nutritional factors in various responses to exercise; diets and ergogenic aids for athletes; the impact of nutrition and exercise on the reduction of risk factors in diseases of lifestyle.

Course name:	**Sport Nutritional Assessment (3 credit hours)**
Description	This course will prepare the student to describe, perform and interpret nutrition assessments with populations. The areas of assessment include measurements of anthropometry, biochemical data, dietary intakes, health statistics, and socioeconomic data; the interpretation of results and proposing solutions for improving the nutritional status heart rate and blood pressure, body composition, food records, and food feedback questionnaires and surveys. Students will also learn how to select and provide a rationale for nutritional assessment-based protocols on the individual athlete. The strengths and weaknesses of each test as well as their possible risks.

Course name:	**Nutrition and Sports Training Loads (3 credit hours)**
Description	The contents of the course include the study of basic nutritional principles and their impact on athletes' performance. Concepts such as macronutrients (carbohydrates, proteins, and fats) and their importance in energy saving, promoting muscular recovery, and improving physical capacity will be addressed. A variety of subjects related to sports nutrition are also addressed, such as optimal nutrition, hydration, pre-and post-workout nutrition, and nutrition strategies to achieve specific goals, such as increasing muscle mass or weight loss. In addition, this course addresses the concept and foundations of sports training, including various training techniques and their impact on sports performance and physical development. Concepts such as sports conditioning, body loading, muscular development, and the impact of training on the body's energy systems are discussed. How effective training programs are designed, and physical evaluation methods used to assess progress and improve performance are also explained

Course name:	**Exercise Metabolism and Sports Meal Planning (3 credit hours)**
Description	this course will cover the fundamental metabolic, biochemical, and molecular processes that take place during and after physical exercise and it will highlight how exercise modifies metabolism, with a specific focus on carbohydrate, lipid, and protein-related metabolism. This course offers students advanced insights into designing and preparing specialized dietary plans for athletes. Through a blend of theoretical knowledge and practical culinary skills, students will learn how to cater to the unique nutritional demands of sportsmen and sportswomen, optimizing their performance, recovery, and overall well-being. Topics covered include macro and micronutrient requirements, dietary supplements, injury prevention, and cultural considerations, ensuring graduates are well-equipped to excel in careers as sports nutritionists or other related fields

Course name:	**Exercise Physiology (3 credit hours)**

Description	This course covers the relationship between sports training and various body systems, and the changes that occur in the functions of these vital systems as a result of training. It also discusses the relationship between training and fatigue within the framework of the annual and periodic physical preparation plan. The course highlights the impact of training under different environmental conditions, links training with energy production, and examines body adaptation to training, as well as methods for utilizing training effects.

Course name:	**Advanced Fitness Programs (3 credit hours)**
Description	This course addresses the impact of fitness exercise on different body systems. Topics include the effects of fitness exercise on the circulatory, muscular, and nervous systems. The course also discusses methods for developing fitness components and how to build various fitness programs suitable for all age groups. Additionally, recent research in the field of fitness development, program design, and the use of modern equipment and tools to improve fitness is presented.

Course name:	**Foods Preparation for Sports Treatments. (3 credit hours)**
Description	This course deals with the preparation of specialized foods for sports and exercise, as well as the needs for physical rehabilitation. Topics covered in the course include cooking processes and their characteristics, hygiene conditions required during the preparation process, food texture, ingredients, and nutritional value, and the changes that occur during preparation, particularly those related to nutritional value and product quality. The course will also highlight the preparation of specialized meals for various sports events.

Course name:	**Applied Nutrition Across Different Types of Sports (3 credit hours)**
Description	In this course, students will learn how to use different dietary planning techniques to select the appropriate diet for athletes, whether they are general sports practitioners or professional athletes. The focus will be on the basic elements of nutritional care, concepts related to dietary guidelines, healthy diet standards, and techniques for conducting interviews and counseling. Furthermore, the course will emphasize the planning requirements for ordinary athletes and those who require special attention.

Course name:	**Dietary Supplements, Stimulants, and Drugs (3 credit hours)**
Description	This course focuses on the concept of sports nutritional supplements, covering their classifications and impact on athletes and the sports community. The course begins with examining the fundamental aspects of nutrition and how supplements can affect various aspects of athletes. The evaluation of nutritional supplements used in sports and introducing students to the organizations that assess them are covered. Students will learn how to evaluate and discuss currently marketed and used nutritional supplements worldwide.