

# 2018-2019 TTC Catalog

## HOS 241 Sports Nutrition

Lec: 2.0 Lab: 3.0 Credit: 3.0

This course emphasizes the importance of food and specific diets to enhance athletic performance. Students will use their knowledge of nutrition and anatomy and physiology to create menus geared for the training tables of various sports.

### **Prerequisite**

CUL 118

### **Course Offered**

Fall

### **Grade Type**

Letter Grade

### **Division**

Culinary Institute of Charleston