

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