

MINOR HAN SPORT & EXERCISE

# SPORTS NUTRITION

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In the West we have the means to choose the type of food and the quantities we eat. So with the right nutritional advice, we should be able to achieve a great deal. This is true for both sport and health in general.

## CONTENT OF THE EXCHANGE COURSE: CUSTOM-MADE ADVICE

During this exchange course you will learn how to give individual custom-made advice on sports nutrition. To be able to do so, you will analyse both the health and performance capacity of the person in question. You will also establish the athlete's personal goals and find out which factors, apart from nutrition, are of influence. Topics such as nutrition and dietetics, nutritional physiology and exercise physiology will be covered extensively.

**OPEN UP NEW HORIZONS.**

Because advice is given on an individual basis and the athlete in question is aiming to reach personal goals, you will also develop coaching skills during the course.

Besides informing and guiding individuals, you will also learn how to develop an intervention plan for a group of athletes. The purpose of such a plan is to help athletes change their behaviour in the area of sport, nutrition and health. To skilfully approach and solve such behavioural issues, you need to have a good understanding of behavioural change and how to give advice. You will gain this knowledge during the minor.

In summary, you will work on two professional products:

1. Group-based education intervention for athletes
2. Individual sports nutrition advice and coaching plan

## TARGET GROUP AND LEVEL

This exchange course is intended for students of the following degree courses:

- Sports and exercise science

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- Human movement science
- Nutrition and dietetics
- Physiotherapy
- Teacher training in physical education
- Sport and health management

This is a specialisation course at level 3. You will specialise in the combination of nutrition and sport and the underlying physiological basis. You will also learn how to collaborate in a multi-professional context. If you would like to know whether you meet the admission requirements, please contact the exchange course coordinator ([Gert.vriend@han.nl](mailto:Gert.vriend@han.nl)).

### PROFESSIONAL SPORT AND TEAMWORK

An important feature of this exchange course is the intensive collaboration with other disciplines. The strength of professional sport lies in the integrated collaboration of professionals who aim for the same goal and are focused on the ultimate result.

### SCHEDULE AND ORGANISATION

The minor Sports Nutrition is a so-called block

exchange course resulting in 30 ECTS credits. It consists of 2 lecture days (each of 2-4 hours of class, with assignments in between) and 3 self-study days per week. You will follow lectures, study groups, tutorials and practical sessions to optimally develop your knowledge and skills. The course is given in Dutch (semester 1) and English (semester 2). You must be able to read and understand scientific literature in English. For the English-taught course, it is important that your spoken English is sufficient to communicate with lecturers and fellow students. Also, all your (oral and written) products will be made in English. You will benefit from the expertise of lecturers who actually work with or have worked with top-class athletes.

#### MORE INFORMATION?

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