



# ANNAMALAI UNIVERSITY



## DEPARTMENT OF PHYSICAL EDUCATION

One Week Online Courses On

### *Sports Nutrition*

Date: 18/05/2020 to 24/05/2020

For Registration - [click here](#)

Last Date for Registration - 15/05/20

Program commence on - 18/05/20

Eligibility for Admission –For all UG,PG - Physical Education students.

### NOTE:

It is mandatory for every candidate to register and attend the class without fail.  
Online classes will be conducted on “Zoom app”.

Zoom app link -[click here](#)

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## RESOURCE PERSONS CUM COURSE ORGANIZERS

SI.NO	NAME	DESIGNATION
1.	Dr. P.V.Shelvam	Professor and Director, Department of Physical Education, Annamalai University.
2.	Dr. R.Annadurai	Associate Professor, Bharathiyar University, Coimbatore.
3.	Dr. P.Manju Pushpa	Assistant Professor, Bharathiyar University, Coimbatore.
4.	Dr. A.Anbumalar	Lecturer in Nutrition, Rani Meyyammai Collage of Nursing, Annamalai University.
5.	Mrs. K.Kokila	Dietitian, Department of Physical Education, Annamalai University.

## ***COURSE CONTENTS***

SI.NO	TOPICS
1	Introduction - Sports Nutrition
2	Digestive System - Principles of Nutrition
3	Self-Therapy - Life Style Activity
4	Obesity - Mal Nutrition
5	Women's Fitness - Life Style Activity
6	Nutrition Demand of Sports - Dietary Recommendation
7	Ergogenic Aids for Training and Competition