SPECIAL TOPICS THAT MAY SAVE YOUR LIFE

- Orientation to Special Topics that May Save Your Life


WATCH

- Video 3: Diet and Cancer (Total Time: 12:42)
- Video 4: More on Diet and Cancer (Total Time: 13:46)
- Video 5: Genetics and Health – Study of Nutrigenomics (Total Time: 8:02)

QUIZ: Chapter 10 Special Topics that May Save your Life

- Chapter 10 Quiz: Special Topics That May Save Your Life!
  Dec 1, 2019 | 5 pts

NUTRITION AND ATHLETIC PERFORMANCE

- Orientation to Nutrition and Athletic Performance


WATCH

- Video 1: Fuel Use During Exercise (Total Time 19:20)
- Video 2: Importance of Carbohydrate for Performance and Recovery (Total Time 13:02)
- Video 3: Protein Needs and Optimal Calorie Distribution for Athletes (Total Time 13:21)
- Video 4: Water Needs and Sports Drinks Use in Athletes (Total Time 17:26)
- Video 5: Fueling Before, During, and After Exercise and Competition (Total Time 18:14)
- Video 6: Performance-Enhancing Aids (Total Time 12:00)

QUIZ: Chapter 11 Nutrition & Athletic Performance

- Chapter 11 Quiz: Nutrition and Athletic Performance
  Dec 1, 2019 | 5 pts