

NPTEL Video Lecture Topic List - Created by LinuXpert Systems, Chennai

NPTEL Video Course - Humanities and Social Sciences - NOC:Sports and Performance Nutrition

Subject Co-ordinator - Prof. Geetha Ghaliyavar

Co-ordinating Institute - IIT - Madras

Sub-Titles - Available / Unavailable | MP3 Audio Lectures - Available / Unavailable

- Lecture 1 - Introduction to sports and performance nutrition
- Lecture 2 - Introduction to energy availability
- Lecture 3 - Fundamentals of carbohydrates
- Lecture 4 - Carbohydrate manipulation for sports performance
- Lecture 5 - Myths around carbohydrates
- Lecture 6 - Dr Sola Athletes with celiac disease and gluten sensitivity
- Lecture 7 - Importance of proteins in performance
- Lecture 8 - Introduction to protein and protein supplements
- Lecture 9 - Introduction to fats and its importance in performance
- Lecture 10 - Hydration and electrolytes
- Lecture 11 - Practical implications of hydration
- Lecture 12 - Mineral - Iron
- Lecture 13 - Minerals - Calcium, Magnesium Zinc and Selenium
- Lecture 14 - Antioxidants
- Lecture 15 - Water soluble vitamins
- Lecture 16 - Fat soluble vitamins
- Lecture 17 - Energy systems and biochemical pathways
- Lecture 18 - Anabolic window period for nutrient intake
- Lecture 19 - Introduction to nutrient periodization
- Lecture 20 - Applied aspects of nutrient periodization
- Lecture 21 - Competition nutrition
- Lecture 22 - Carbohydrate loading for sports performance
- Lecture 23 - Weight making and weight cycling
- Lecture 24 - Travel guidelines for athletes
- Lecture 25 - Supplements and ergogenic aids
- Lecture 26 - Three R principal
- Lecture 27 - Lifestyle practices to enhance recovery
- Lecture 28 - Sleep hygiene
- Lecture 29 - Immunity and gut health

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- Lecture 30 - Sports injury and dietary interventions
- Lecture 31 - Vegetarian and vegan athletes
- Lecture 32 - Diabetic athletes
- Lecture 33 - Female athletes
- Lecture 34 - Young and adolescent athletes
- Lecture 35 - Food intolerances in athletes
- Lecture 36 - Sports nutrition in Indian context
- Lecture 37 - Nutrigenomics
- Lecture 38 - Personal hygiene and sanitation
- Lecture 39 - Connections of sports nutrition
- Lecture 40 - Food psychology