

# FOODS & NUTRITION (FN)

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**FN C032N**

**18 Hours (18 lecture hours)**

**Nutrition for Esports**

**Grading Mode:** P/NP/SP Non-Credit

This course examines the nutritional challenges esports players face while training and/or playing in esports tournaments. Students will learn the benefits of proper nutrition, how to meal prep and nutritional needs for all-day esports events. Noncredit. Pass/No Pass/Satisfactory Progress. (NOT DEGREE APPLICABLE.)