

# FN C032N: NUTRITION FOR ESPORTS

Item	Value
Curriculum Committee Approval Date	12/03/2021
Top Code	493012 - Job Seeking/Changing Skills
Units	0 Total Units
Hours	18 Total Hours (Lecture Hours 18)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 99
Grading Policy	P/NP/SP Non-Credit (D)

## Course Description

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. NOT DEGREE APPLICABLE. Not Transferable.

## Course Level Student Learning Outcome(s)

1. Apply principles of nutrition to optimize dietary intake to meet physical and mental demands of gaming.

## Course Objectives

- 1. Identify the nutritional challenges related to esports/gaming and outline ways to improve nutritional needs.
- 2. Describe the importance of meal planning as it pertains to preparation for home and tournament gaming.
- 3. Design and implement a meal plan for home gaming and tournaments.

## Lecture Content

Nutritional Challenges in Esports Importance of Proper Nutrition What is Proper Nutrition The Basics of Esports Nutrition Setting Goals for Performance Nutritional Quality Meal Planning What is Meal Planning Meal Frequency Important Breakfast, Lunch, Dinner, and Snacks for Solid Play Ranked Match/Leaderboard Nutrition Nutritional Preparation for Traveling and Event Play

## Method(s) of Instruction

- Enhanced NC Lect (NC1)
- Online Enhanced NC Lect (NC5)
- Live Online Enhanced NC Lect (NC9)

## Instructional Techniques

This course will use a combination of lecture, practical skills demonstration, discussions, quizzes, and short writing assignments.

## Reading Assignments

Research and read about the nutritional challenges in esports Research and read the importance of meal planning

## Writing Assignments

Written assignment on meal planning for home and tournaments

## Out-of-class Assignments

Written assignment on sample meal planning ideas Written assignment on how nutrition can improve your game

## Demonstration of Critical Thinking

Short quizzes that assess the students understanding of proper nutrition in the esports world. Short writing assignments that demonstrate the students ability to understand the importance of proper nutrition and meal prepping for gaming events

## Required Writing, Problem Solving, Skills Demonstration

Short writing assignments Quizzes Projects

## Eligible Disciplines

Health: Masters degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelors degree in any of the above AND masters degree in public health, or any biological science OR the equivalent. Masters degree required. Nutritional science/dietetics: Masters degree in nutrition, dietetics, or dietetics and food administration OR bachelors degree in any of the above AND masters degree in chemistry, public health, or family and consumer studies/home economics OR the equivalent. (Note: A bachelors degree in nutrition, dietetics, or dietetics and food administration, and certification as a registered dietitian, is an alternative qualification for this discipline.) Masters degree required. Title 5, section 53410.1

## Textbooks Resources

1. Required Baumann, A. A Practical Guide to Esports Nutrition, 1st ed. Gamers Performance, 2020

## Other Resources

1. Scholarly articles will be used from leaders in the industry. 2. Coastline Library