

In the Name of God

Islamic Republic of Iran
Ministry of Health and Medical Education
Deputy of Education

Sports Nutrition

Degree: Master of Science (MSc)

Total Course Credits:

Core Mandatory Units: 22 credits
Non-Core Elective Units: 4 credits
Thesis: 6 credits
Total: 32 credits

Duration: 2 years or 4 semesters.

Program Description:

Sports nutrition is considered a branch of nutritional science that has experienced rapid development in today's world. This program specifically focuses on the science and application of proper nutrition during exercise. Graduates of this field will acquire the necessary skills to utilize nutrition knowledge in promoting a healthy lifestyle and enhancing athletes' performance, from amateur to professional levels. Additionally, the management of production, import, and responsible consumption of sports supplements will be further organized with the presence of sports nutrition graduates and the cooperation of relevant organizations.

Admission Requirements:

- Having a bachelor's degree in nutrition sciences or other health-related sciences is required
- Holders of general doctorate degrees in medicine, pharmacology or dentistry

The Aims of the Course:

- Training nutritional consultants and managers for sports federations and complexes
- Reducing problems caused by irresponsible consumption of nutritional supplements in athletes
- Increasing athletes' strength through the use of scientific methods resulting in improved performance condition and results in sports competitions

- Improving the status of individual and public education through public media

Expected Competencies at the End of the Program:

General Competencies¹:

- Communication-interaction skills
- Athletes Education
- Researching and writing scientific articles
- Critical thinking and problem-solving skills
- Evidence-based management skills
- Team work

Specific Competencies and Skills:

- Evaluation of the nutritional status of athletes
- Setting up appropriate diets and supplements for athletes
- Providing accurate nutritional advice to athletes
- monitoring prescribed diets effectively
- Designing a research project in the field of sports nutrition

Educational Strategies², Teaching & Learning Methods³ (aligned with the expected competencies):

- Student-Centered and Teacher-Centered Learning
- Training based on the needs of athletes in different sports fields
- Problem-solving oriented learning
- Team-Based Learning (TBL)

The following teaching methods and techniques will be utilized:

- All types of conferences and seminars
- Small group discussions in educational workshops - Role playing - Journal Club - Case presentation
- Clinical Education

Student Assessment Types and Methods (aligned with the expected competencies):

A) Evaluation Method:

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1. General competencies expected of the graduates such as communication skills, critical thinking & problem-solving skills, professionalism
 2. Educational Strategies such as Problem-Based Education, Discipline-Based Education, Hospital- Based Education, Community-Based Education, Electives, Student-Centered Education, etc.
 3. Teaching & Learning Methods such as Interactive Lecture (questions and answers, group discussions, etc.), Small Group Discussion, Role Play, Guided Discovery Learning, Team-Based Learning (TBL), Problem-Based Learning (PBL), Case-Based Learning, Peer Education, etc.

The student will be evaluated using the following methods:

- Formative assessment
- Summative assessment
- Comprehensive exam
- Written, verbal, OSLE, and Logbook-based assessment

B) Frequency of evaluation:

Evaluation will occur twice during the semester: once in the middle and once at the end.

Ethical Considerations*

*Note: Please refer to the related documents at <http://hcmep.behdasht.gov.ir/>.

Tables of the Courses

Table A – Compensatory Courses

Lesson code	Name of Course	Number of credits				Course hours				Prerequisite or Concurrent
		Theoretical	Practical	internship	Total	Theoretical	Practical	internship	Total	
9	Medical Information Systems*	0.5	0.5	-	1	9	17	-	26	-
1	Basic Nutrition (1)	3	-	-	3	51	-	-	51	-
2	Basic Nutrition (2)	3	-	-	3	51	-	-	51	-
8	The Principles of Meal Planning	2	-	-	2	34	-	-	34	-
3	Nutritional Assessment	1	2	-	3	34	34	-	68	
4	Advanced Vital Statistics	3	-	-	3	51	-	-	51	
5	Nutritional Physiology	3	-	-	3	51	-	-	51	
6	Diet Therapy(1)	2	-	-	2	34	-	-	34	
7	diet therapy(2)	2	-	-	2	34	-	-	34	-
	Total	22								

Students must pass certain courses as approved by the department (Table A).

* Passing this course is required for all students who have not previously passed it.

Table B – Core Courses

1	Number of credits	Course hours
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	Name of Course	Theoretical	Practical	internship	Total	Theoretical	Practical	internship	Total	Prerequisite or Concurrent
10	Basic sports nutrition	2	1	-	3	34	34	-	68	-
11	Sport physiology	1	1	-	2	17	34	-	51	-
12	Doping and drug abuse in sport	1	-	-	1	17	-	-	17	-
13	Tools and their application skills in sports nutrition	1	1	-	2	17	34	-	51	10 and 11
14	Nutrition education and counseling	1	-	-	1	17	-	-	17	10 and 11
15	Supplements and sports drinks	2	-	-	2	34	-	-	34	10 and 11
16	Nutritional care in sports injuries	2	-	-	2	34	-	-	34	10 and 11
17	Seminar in the field of sports nutrition	1	-	-	1	17	-	-	17	09 and 10
18	Advanced sport nutrition	1	1	-	2	17	34	-	51	10 and 11
19	Training	-	-	4	4	-	-	204	201	18
20	Research methods and statistics in the field of sports nutrition	2	-	-	2	34	-	-	34	9
	Total	22								

Table C: Non-core courses

Lesson code	Name of Course	Number of credits				Course hours				Prerequisite or Concurrent
		Theoretical	Practical	internship	Total	Theoretical	Practical	internship	Total	
21	Current topics in sports nutrition	2	-	-	2	34	-	-	34	10 and 13
22	Laboratory methods in the field of sports nutrition	1	1	-	2	17	34	-	51	11 and 13
23	Specialized English language	2	-	-	2	34	-	-	34	-
24	Sports biochemistry	2	-	-	2	34	-	-	34	10 and 11
25	Biostatistics methods	2	-	-	2	34	-	-	34	-
26	Sports immunology	2	-	-	2	34	-	-	34	11
	Total	12								

The student must take 4 credits of the courses listed in Table C based on the subject of their desired thesis and approval from their supervisor.

Educational workshops required for the course:

Preliminary Cardiopulmonary Resuscitation workshop

Students must to submit the certificate of completion of the workshop to the appropriate group before the thesis defense session.