

FOODS & NUTRITION (FN)

FN C032N

18 Hours (18 lecture hours)

Nutrition for Esports

Grading Mode: P/NP/SP Noncredit

Not Transferable.

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.)