

Lab 1-3 reflection

Throughout this course, this was the first time I worked with Luisa, and it was a wonderful experience because we were able to get everything done in a timely manner but always created wonderful presentation. I have knowledge about sports and athletics, but I had very limited understanding of the nutrition behind these activities. Luisa had the same experience coming in so we both learned so much throughout this course, that I will use in my personal life and professional career. The most important take away from these labs and course is that food is fuel for athletes and there are so many misconceptions about fueling and this is why nutrition professionals need to be integrated more into this space.

Each lab encompassed a different fueling technique each week from hydration to fuel or recovery foods or beverages. I think because the social media of today, this course was needed to help us teach evidenced based science to our clients or patients. Something interesting I learned from these labs was how easy it is to make your own fuel or recovery drinks or snacks at little to no cost, which could be helpful to most athletes but more importantly college athletes. Some of the challenges we faced at first was time constraints because of time zones, work and school differences but after the first lab, we figured it out and the rest of the course was smooth sailing. For each lab, we had a plan to start but as we learned more from the course we had to deviate from the lab because of the evidenced based science made us alter our information for the better. While I was completing my final Clinical SEL, I found that this sports nutrition course was very unique and we had knowledge that many of our peers may not have and I am glad I got to experience this course. I think for future students, having 1 of the labs be individual to let the students

complete one of these labs by themselves because it could be a learning experience. The most valuable lesson from these labs was the ability to build nutritious items that also fuel athletes at a low cost, and I think this will have a deep impact on my own life but also, I am excited to have an impact with future client athletes.