

Lab 1-3 reflection

I wanted to include these labs and the reflection because I was known about sports nutrition from a wide lens, but I never look at this this way. I think this was one of the best labs I got to do because I helped me understand how to create simple but effective nutritious options for myself and other athletes that I might work with one day. We all think that we need the best supplements or drinks, but this showed me that we could make a simpler version that is effective. The biggest challenge throughout these was findings recipes that we could make but also find a way to make the effective but taste great. I was able to overcome these challenges with my lab partner and I think from what I have done since in my own personal life has been very effective. If you walk away from this section with anything, just understand that food is fuel and can be an effective tool for your recovery, energy or sustainability throughout your sport or practice.

Reflection

Throughout this course, this was the first time I worked with Luisa, and it was 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 it 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.