

## **A Scientific Symposium in the College of Physical Education and Sports Sciences Entitled (Importance of Nutrition for Athletes)**



The College of Physical Education and Sports Sciences in cooperation with the International Academy for Talents and Sports held a seminar on Monday, 13/11/2017 entitled "The Importance of Nutrition for Athletes", which was chaired by Assist. Prof. Dr. Labeeb Zawayan Meseikh. The seminar was attended by the Dean of the college Prof. Dr. Muwaffaq Asaad Mahmood Al-Hitee, and a number of the professors and students of the college

Through the seminar, the focus was on the importance of nutrition for athletes which in turn plays an important and fundamental role in human life and therefore the man should take in account the basics of nutrition and that the food must be enough to meet all the needs of the body. Food is also an essential element of energy and there are rules that must be taken into consideration for athletes so that nutrition does not affect the obstruction of muscle performance because any errors will lead to the

loss of energy. Carbohydrates are also an essential source of energy and they are the richest among energy foods as well as proteins, fats, .vitamins, minerals, water, and salts

It is necessary for the athlete to eat a balanced diet containing all the essential nutrients. At the end of the seminar, the Dean expressed his .thanks and gratitude to the organizers of this symposium







