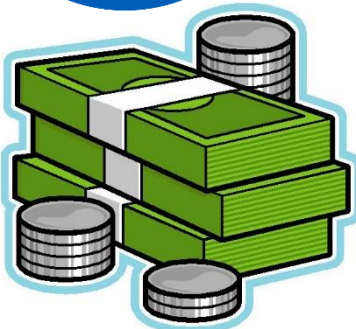


NCAA “Innovations in Research Grant” \$20,000 awarded to TnTech!



\$8,000 for costs of materials, administration, and dissemination.

\$12,000 for Team “Snack Stipends”



~\$100 awarded to each team per SA who completes online course- *Sports Nutrition and Wellness*.

Budget for 100 SAs (\$10k)



~\$1,000 additional awarded to highest course GPA for top men’s and women’s teams.

Grant Details:

- <8% proposals funded out of >100 applicants nationwide
- Course and \$\$ funding will be provided Fall semester 2020
- One time funding- will not be continuous
- Teams can pick any snacks. Suggestions and purchases will be made by dietitian.
- SAs who take online course and nutrition seriously have been making progress in strength and conditioning goals.



-Sean Anderson,
2020 Golf, Freshman

Sean enrolled in the **online nutrition course** as a Freshman and has since reached his **weight gain goal of 30 lbs!**

“Anthony helped me put on more muscle weight more efficiently, which **helped my performance** in the weight room and on the golf course.”

Study Abstract: In order to optimize performance, recovery, and well-being in our student-athletes, we must take an integrated and intentional approach to supporting their daily nutritional habits and mental health practices. National and local trends presents a need for this combination of instructional content for collegiate athletes. Incorporating 10 training modules and a rigorous evaluation component, the purpose of this program is to combine the topics of nutrition and mental wellness into an online class series called “Food For Thought (FFT) for Student-Athletes” that will teach student-athletes best practices in wellness and nutrition and offer a wide range of resources that will be accessible to other universities interested in adopting it.

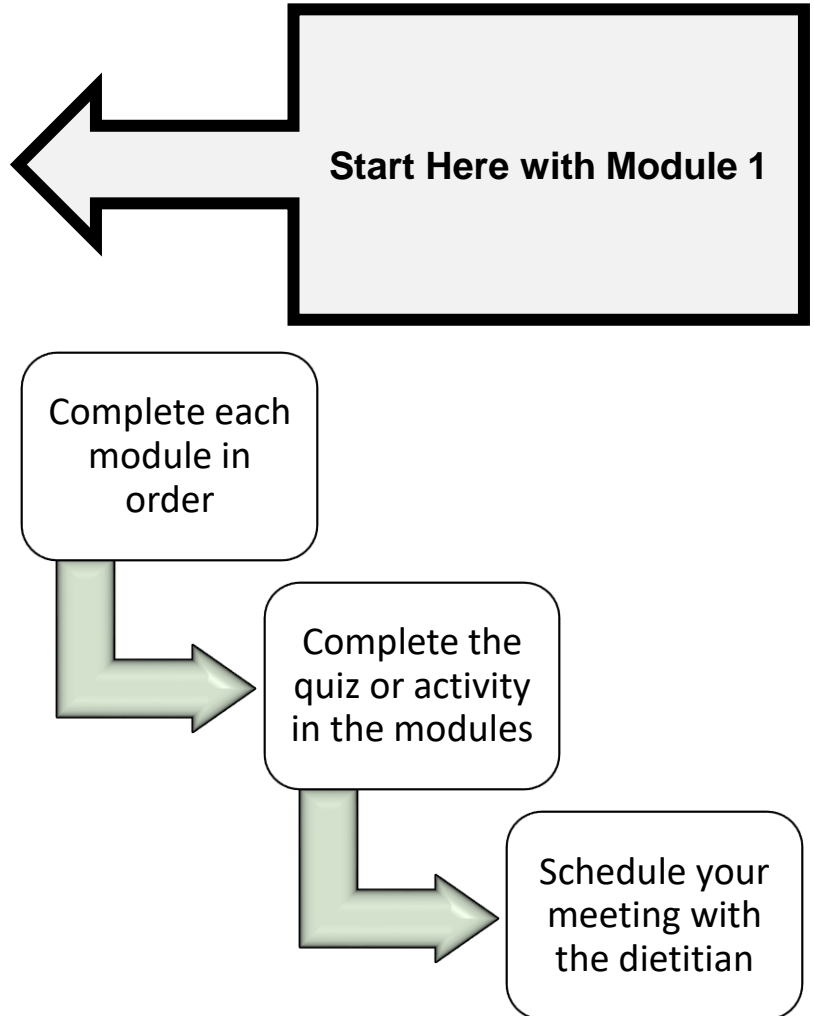
NCAA "Food for Thought" Grant



"The Golden Eagle Competitive Edge"

Course Modules:

-  1- Overview of Nutrition
-  2- Body Composition
-  3- Eating Disorders
-  4- Coping with Stress
-  5- Supplements
-  6- Meal Planning
-  7- Anxiety & Depression
-  8- Sleep
-  9- After Graduation
-  10- Summary



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