

Academic Year/course: 2021/22

## 26338 - Nutrition and Physical Activity

### Syllabus Information

**Academic Year:** 2021/22

**Subject:** 26338 - Nutrition and Physical Activity

**Faculty / School:** 229 - Facultad de Ciencias de la Salud y del Deporte

**Degree:** 295 - Degree in Physical Activity and Sports Science

**ECTS:** 6.0

**Year:** 4 and 3

**Semester:** First semester

**Subject Type:** Optional

**Module:**

### 1. General information

### 2. Learning goals

### 3. Assessment (1st and 2nd call)

### 4. Methodology, learning tasks, syllabus and resources

#### 4.1. Methodological overview

Nutrition and Physical Activity is designed so that, based on essential theoretical knowledge, the student acquires both practical and applied knowledge. Students should be able to apply in practice the theoretical-practical knowledge that they have acquired during the course, either in recreational or elite level athletes. To achieve this, the theoretical classes will have a close relationship with the practical classes.

#### 4.2. Learning tasks

**The learning process has been designed as follows:**

**Master classes:** Basic concepts will be presented in the course as presented in the program (available at ADD).

**Practical classes:** They will take place in different facilities of the faculty such as the biomedical laboratory or gym. They will be associated with the master classes.

**Tutoring:** When needed the student will attend individual or groupal tutorials.

**Independent work:** The student will work through the contents of the course independently. The teacher will guide this independent work if necessary.

**Groupal work:** The student will have to interact with other students in order to develop a team work

#### 4.3. Syllabus

The course will address the following topics:

Lectures:

1. Introduction. Healthy nutrition in sports
2. Carbohydrates and exercise
3. Lipids and exercise
4. Proteins and exercise

5. Vitamins, minerals and exercise
6. Hydration and exercise
7. Supplementation and ergogenic aids
8. Nutritional assessment. Recommendations for different sports.

#### Practical classes

1. Energetic cost assessment of different activities
2. Nutritional assessment of an athlete
3. Design of isotonic drinks
4. Development of nutrition recommendations for pre- during- and after- competition
5. Presentation and defense of the developed work during the course

#### **4.4. Course planning and calendar**

The weekly planning for this course is based on 2 hours of master classes and 2 hours of seminars or practical classes, which will be carried out in accordance to the official schedule that appears on the website of the faculty.

- Master class, one group, where the topics exposed in the program will be discussed
- Seminars, one group, where different topics will be worked on related to the program of the course in a more plural way through debates, role-playing, etc.
- Practical classes, two groups, where the theoretical concept will be applied in a practical way.

Deadline for the course work: it will be established by the teacher during the course presentation (First day of the course).

Exam: the exam will take place in the official dates published in the Faculty website.