

26338 - Nutrition and Physical Activity

Información del Plan Docente

Academic Year	2016/17
Academic center	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	295 - Degree in Physical Activity and Sports Science
ECTS	6.0
Course	
Period	First semester
Subject Type	Optional
Module	---

1. Basic info

1.1. Recommendations to take this course

1.2. Activities and key dates for the course

2. Initiation

2.1. Learning outcomes that define the subject

2.2. Introduction

3. Context and competences

3.1. Goals

3.2. Context and meaning of the subject in the degree

3.3. Competences

3.4. Importance of learning outcomes

4. Evaluation

5. Activities and resources

5.1. General methodological presentation

5.2. Learning activities

5.3. Program

Theoretical program:

1. Introduction. Healthy nutrition in sport.

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2. Carbohydrates and exercise.
3. Lipids and exercise.
4. Proteins and exercise.
5. Vitamins, minerals and exercise.
6. Hydration and sport.
7. Supplements and ergogenic aids.
8. Planning athlete's diet. Dietary recommendations for various sports activities.

Practical program:

1. Evaluation of the energy cost of physical activity and sport.
2. Nutritional assessment of the athlete.
3. Design of diets for different types of athletes practice.
4. Exposition and defense of jobs.

5.4. Planning and scheduling

5.5. Bibliography and recommended resources