

26338 - Nutrition and Physical Activity

Información del Plan Docente

Academic Year	2017/18
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	
Semester	First semester
Subject Type	Optional
Module	---

1.General information

1.1.Introduction

1.2.Recommendations to take this course

1.3.Context and importance of this course in the degree

1.4.Activities and key dates

2.Learning goals

2.1.Learning goals

2.2.Importance of learning goals

3.Aims of the course and competences

3.1.Aims of the course

3.2.Competences

4.Assessment (1st and 2nd call)

4.1.Assessment tasks (description of tasks, marking system and assessment criteria)

5.Methodology, learning tasks, syllabus and resources

5.1.Methodological overview

5.2.Learning tasks

5.3.Syllabus

Theoretical program:

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1. Introduction. Healthy nutrition in sport.
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. Course planning and calendar

5.5. Bibliography and recommended resources