

## SYLLABUS

### 1. COURSE DESCRIPTION

<b>Degree:</b>	<b>Nutrition and Dietetics</b>
<b>Course:</b>	<b>Nutrition in the Sport Practice</b>
<b>Module:</b>	<b>Nutrition and Health Science</b>
<b>Department:</b>	<b>Molecular Biology and Biochemical Engineering</b>
<b>Academic Year:</b>	<b>2017-18</b>
<b>Term:</b>	<b>Second</b>
<b>ECTS credits:</b>	<b>4.5</b>
<b>Year:</b>	<b>3<sup>rd</sup> year</b>
<b>Type:</b>	<b>Optional</b>
<b>Language:</b>	<b>Spanish</b>

<b>Course Model:</b>	<b>B1</b>	
<b>a. Basic learning (EB):</b>		<b>60%</b>
<b>b. Practical learning (EPD):</b>		<b>40%</b>
<b>c. Guided Academic Activities (AD):</b>		

## SYLLABUS

### 2. LECTURERS

#### 2.1. Coordinator: M<sup>a</sup> Soledad Fernández Pachón

<b>2.2. Lecturers:</b>	
<b>Name:</b>	<b>M<sup>a</sup> Soledad Fernández Pachón</b>
<b>School:</b>	<b>School of Experimental Sciences</b>
<b>Department:</b>	<b>Molecular Biology and Biochemical Engineering</b>
<b>Area:</b>	<b>Nutrition and Bromatology</b>
<b>Office Hours:</b>	<b>Tuesdays and Thursdayss: 10.00-12.00 (please, make a previous appointment through e-mail)</b>
<b>Office:</b>	<b>22.0.04</b>
<b>E-mail:</b>	<b>msferpac@upo.es</b>
<b>Phone:</b>	<b>954977613</b>

<b>Name:</b>	<b>Luis Morán Fagúndez</b>
<b>School:</b>	<b>School of Experimental Sciences</b>
<b>Department:</b>	<b>Molecular Biology and Biochemical Engineering</b>
<b>Area:</b>	<b>Nutrition and Bromatology</b>
<b>Office Hours:</b>	<b>Tuesdays and Thursdayss: 13.00-15.00 (please, make a previous appointment through e-mail)</b>
<b>Office:</b>	<b>22.2.01G</b>
<b>E-mail:</b>	<b>ljmorfag@upo.es</b>
<b>Phone:</b>	<b>954977893</b>

## SYLLABUS

### 3. TOPICS

#### BASIC LEARNING (EB):

#### 1. INTRODUCTION AND PHYSIOLOGICAL BASIS OF NUTRITION IN SPORTS PRACTICE

Unit 1. Introduction to Sports Nutrition.

Unit 2. Exercise physiology.

Unit 3. Use of energy systems in the organism.

#### 2. FOUNDATIONS OF NUTRITION IN SPORTS PRACTICE

Unit 4. Evaluation of the nutritional status in the athlete.

Unit 5. Carbohydrates: Nutrition, metabolism and recommendations in the sport practice.

Unit 6. Lipids: Nutrition, metabolism and recommendations in the sport practice.

Unit 7. Proteins: Nutrition, metabolism and recommendations in the sport practice.

Unit 8. Micronutrients in the sport practice.

Unit 9. Water, electrolytes and temperature regulation.

#### 3. NUTRITION IN THE SPORT PRACTICE

Unit 10. Maintenance of adequate body composition in the athlete: Increased muscle and/or fat loss.

Unit 11. General recommendations for the design of a proper diet for the athlete.

Unit 12. Planning the diet of the athlete in the resting, training and competition periods.

Unit 13. Dietary recommendations for the different sports activities: Strength, resistance and combined sports.

Unit 14. Ergogenic aids.

#### PRACTICAL LEARNING (EPD):

Practice 1: Evaluation of the nutritional status of the athlete.

Practice 2: Design of diets to achieve adequate body composition at each sport.

Practice 3: Ergogenic aids: Puzzle of scientific articles.



## **SYLLABUS**

Practice 4: Design of diets in the different periods of activity of the athlete.

Practice 5: Seminars of professionals from different areas of Sports Nutrition.