

**COURSE DATA****Data Subject**

Code	44203
Name	Sports nutrition
Cycle	Master's degree
ECTS Credits	7.0
Academic year	2020 - 2021

Study (s)

Degree	Center	Acad. year	Period
2194 - M.U. en Nutrición Personalizada y Comunitaria	Faculty of Pharmacy and Food Sciences	1	First term

Subject-matter

Degree	Subject-matter	Character
2194 - M.U. en Nutrición Personalizada y Comunitaria	2 - Nutrición deportiva	Obligatory

Coordination

Name	Department
SORIANO DEL CASTILLO, JOSE MIGUEL	265 - Prev. Medicine, Public Health, Food Sc., Toxic. and For. Med.

SUMMARY

Students will learn and apply the measurements applied in kinanthropometry and body composition, and skills to make a global assessment of the sport techniques; including stress testing, flexibility, endurance, speed, nutritional assessment and detection of eating disorders. Furthermore, the student will study the used ergogenic aids in sport, and hydration and dehydration, along with an overview of sports, functional and energy drinks will be considered.

PREVIOUS KNOWLEDGE



Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements

Not applicable

OUTCOMES

2194 - M.U. en Nutrición Personalizada y Comunitaria

- Students should apply acquired knowledge to solve problems in unfamiliar contexts within their field of study, including multidisciplinary scenarios.
- Students should be able to integrate knowledge and address the complexity of making informed judgments based on incomplete or limited information, including reflections on the social and ethical responsibilities associated with the application of their knowledge and judgments.
- Students should communicate conclusions and underlying knowledge clearly and unambiguously to both specialized and non-specialized audiences.
- Students should demonstrate self-directed learning skills for continued academic growth.
- Students should possess and understand foundational knowledge that enables original thinking and research in the field.
- Ser capaces de obtener y de seleccionar la información y las fuentes relevantes para la resolución de problemas, elaboración de estrategias y asesoramiento a clientes.
- Contemplar en conjunto y tener en cuenta los distintos aspectos y las implicaciones en los distintos aspectos de las decisiones y opciones adoptadas, sabiendo elegir o aconsejar las más convenientes dentro de la ética, la legalidad y los valores de la convivencia social.
- Know how to work in multidisciplinary teams reproducing real contexts and contributing and coordinating their own knowledge with that of other branches and participants.
- Proyectar sobre problemas concretos sus conocimientos y saber resumir y extraer los argumentos y las conclusiones más relevantes para su resolución.
- Planificar, ordenar y encauzar actividades de manera que se eviten en lo posible los imprevistos, se prevean y minimicen los eventuales problemas y se anticipen sus soluciones.
- Elaborar y manejar los escritos, informes y procedimientos de actuación más idóneos para los problemas suscitados y utilizando un lenguaje no sexista.
- Utilizar las distintas técnicas de exposición oral, escrita, presentaciones, paneles, etc., para comunicar sus conocimientos, propuestas y posiciones y teniendo en cuenta un lenguaje integrador e igualitario.
- Estudiar puntos anatómicos, proporcionalidad y composición corporal en el marco de la cineantropometría y la antropometría.



- Planificar estrategias de intervención para hidratar.
- Planificar por disciplinas deportivas las estrategias de intervención dietética.
- Conocer las diferentes ayudas ergogénicas.
- Adquirir el conocimiento que permita actuar en respeto a los derechos fundamentales y a los principios de igualdad.

LEARNING OUTCOMES

English version is not available

DESCRIPTION OF CONTENTS

2. Sport Nutrition

Kineanthrometry and body composition
Stress testing: Design and Interpretation
Mechanical, psychological, physiological and phytotherapeutic aids: An ergogenic approach
Pharmacological aids used in sports
Are there nutritional ergogenic aids useful?
Planning and scheduling the exercise
Tests for the assessment of muscular and cardio-respiratory endurance: theory and practice
Tests for the assessment of the strength and speed: theory and practice
Hydration and dehydration in sport
Sports and energy drinks and functional
Planning dietary aerobic and anaerobic sports
Eating disorders in sport

WORKLOAD

ACTIVITY	Hours	% To be attended
Theory classes	18,00	100
Classroom practices	15,00	100
Other activities	8,00	100
Seminars	6,00	100
Tutorials	6,00	100
Computer classroom practice	4,00	100
Attendance at events and external activities	6,00	0
Development of individual work	6,00	0
Study and independent work	26,00	0



Preparing lectures	32,00	0
Preparation of practical classes and problem	48,00	0
TOTAL	175,00	

TEACHING METHODOLOGY

- Lectures, participatory lecture
- Resolution of case studies and case reports
- Seminars
- Project Development
- Project Rating
- Tour companies and NGOs
- Debate and discussion
- Expert Conference
- Working Group

EVALUATION

- Theory test
- Practical Examination
- Group work
- Attendance and participation

REFERENCES



Basic

- Rodríguez, V.M.; Urdampilleta, A. Nutrición y dietética para la actividad física y el deporte. Ed. Netbiblo. 2014
- Burke, L. Nutrición en el Deporte. Editorial Médica Panamericana. 2010
- Cabañas, M.D.; Esparza, F. Compendio de cineantropometría. CTO editorial. 2009
- Bernardot, D.; Nutrición deportiva avanzada. Editorial Tutor. 2007
- Villa J.G.; Córdoba, A.; González, J.; Garrido, G. Nutrición del deportista. Editorial Gymnos. 2000.
- González, J.; Sánchez, P.; Mataix, J. Nutrición en el deporte. Ayudas ergogénicas y dopaje. Editorial Díaz de Santos. 2006.

Additional

- González, J.C. Ayudas ergogénicas y nutricionales. Editorial Paidotribo. 2006
- Gallego, J.G.; Villa, J.G. Nutrición y ayudas ergogénicas en el deporte. Editorial Síntesis. 1998.

ADDENDUM COVID-19

This addendum will only be activated if the health situation requires so and with the prior agreement of the Governing Council

1. Contents

All the contents initially programmed in the teaching guide for the theoretical sessions are maintained.

2. Volume of work and temporary planning of teaching

Maintenance of teaching planning.

3. Teaching methodology

From the second semester, substitution of the face-to-face class by videoconferences or recorded power points, uploaded to the virtual classroom of the materials for those sessions (power point presentations, links and related articles). Same materials provided in the original guide for face-to-face teaching. Use of virtual tutorials to answer students' questions.

4. Evaluation

The evaluation modality of this section is maintained. The exam will be held on the date and time originally proposed, electronically, through the virtual classroom. The evaluation will be weighted up to 80% and other activities up to 20%.



If a person does not have the means to establish this connection and access the virtual classroom, they should contact the teaching staff by email at the time of publication of this annex to the teaching guide.

5. Bibliography

The recommended readings available in databases subscribed to by the UV (they require VPN in some cases) and those recommended by the teachers are maintained.