

COURSE LAYOUT

1. GENERAL

SCHOOL	SCHOOL OF FOOD AND NUTRITIONAL SCIENCES		
DEPARTMENT	FOOD SCIENCE AND HUMAN NUTRITION		
STUDY LEVEL	Undergraduate		
COURSE CODE	3490	SEMESTER	9 th
COURSE TITLE	SPORTS NUTRITION		
INDEPENDENT TEACHING ACTIVITIES		WEEKLY TEACHING HOURS	ECTS
Theory and Laboratory (3+1)		4	4
COURSE TYPE <i>Foundation course, General knowledge, Scientific area, Developing skills</i>		Scientific area	
PREREQUISITES:	NO		
LANGUAGE:	Greek		
IS THE COURSE OFFERED TO ERASMUS STUDENTS?	YES (in English)		
COURSE WEBPAGE (URL)			

2. LEARNING OUTCOMES

Learning Outcomes
<p>This is the basic introductory course to Sports Nutrition. The goal of this course is to develop an understanding of the necessary nutrition practices related to exercise or training in order to achieve health, energy, and adaptations. The course material aims at introducing student in the basic concepts of sports nutrition placing an emphasis on the basic nutrition principles, energy consumption during weight bearing exercise and aerobic and anaerobic exercise, on the diet at the time of preparation, the time of meal consumption and the meals' composition for prior, during, and after the exercise event, on use of ergogenics and nutrition supplements and on special needs of athletes. It also describes the introductory concepts of the nutritional needs of all age groups in all stages of life before, during, and after exercise.</p> <p>Finally, the aim of this course is the students' understanding of the way by which the dietary recommendations are modified based on the type and duration of exercise.</p> <p>By the successful completion of this course the student will be in a position to:</p> <ul style="list-style-type: none"> • Have knowledge and understanding of the basic sports and nutrition concepts but also of the newest developments of sports nutrition. • Have acquired the ability to perceive complex concepts related to absorption and digestion of nutrients during exercise, body needs and uses of nutrients for energy. • Will be able to comprehend body composition for sports performance and the principles of different types of exercise • Will be able to comprehend and evaluate the use of nutrition supplements • Will acquire the ability to perceive eating disorders
General Competences
<ul style="list-style-type: none"> • Data search, data analysis and synthesis, information mining • Adaptation to new situations • Autonomous work • Teamwork • Decision making

- Respect to physical environment
- Development of social, professional and moral responsibility and sensitivity to gender issues
- Make criticism and self-criticism
- Promotion of creative and inductive thinking

3. COURSE CONTENT

THEORY

1. Macronutrients
2. Micronutrients and water
3. Absorption and digestion of nutrients
4. The role of nutrients on bioenergetics
5. Metabolism of macronutrients in exercise and training
6. Calculation of food energy during physical activity
7. Nutrition recommendations for physical activity and exercise
8. Nutritional criteria for intense training and sports event Y
9. Making wise choices in foods
10. Exercise, thermoregulation, liquid balance and re-hydration
11. Evaluation of nutritional ergogenics
12. Evaluation of body composition and special athletic observations
13. Energy balance, exercise and body weight control and eating disorders

LABORATORY

14. Basic principles of sports nutrition
15. How to organize your plate for sports events in and out of your town
16. The proper nutrition and hydration levels in athletes
17. The role of proteins in supporting exercise induced muscular hypertrophy
18. Nutritional supplements with ergogenic action
19. The diet of an athlete related to the time of training in different sports
20. Nutritional recovery of athletes after injury
21. Ergometer evaluation
22. Evaluation and critical analysis of case studies

4. TEACHING AND LEARNING METHODS - EVALUATION

TEACHING METHOD	Face to face (theory-laboratory) and remote support via <i>email</i> and remote education using technological platforms (Microsoft Teams, Zoom, Webex meetings, etc) where required	
USE OF INFORMATICS AND COMMUNICATION TECHNOLOGIES	<ul style="list-style-type: none"> • Use of power-point for lectures and videos • Support of teaching procedures with use of e-class electronic platform • Support of students with use of email/e-class 	
TEACHING ORGANIZATION (Lectures, individual or group assignments, field trips, individual study et.c.)	<i>Δραστηριότητα</i>	<i>Φόρτος Εργασίας Εξαμήνου</i>
	Lectures	50
	Laboratory practices	10
	Individual assignments	10
	Individual study	30
	<i>Total contact hours and training</i>	100
STUDENTS EVALUATION	<u>THEORY</u> Written final exam (100%) that includes: Multiple choice questions <u>LABORATORY</u> Written final exam (100%) that includes: Multiple choice questions	

5. LITERATURE

All lectures are available at *e-class* as *power-point* presentations

Book:

McArdle WD. Διατροφή στην Άσκηση και τη σωματική δραστηριότητα. Broken Hill Publishers LTD, 2017, Λευκωσία (Κωδικός συγγράμματος στο Εύδοξος 68373291)