

Syllabus: Advanced Sports Nutrition



SYLLABUS

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Objectives

By establishing objectives, we give ourselves a clear idea of what we want to achieve once the teaching and learning process of this course has finished. But our aims are even more specific: we also want to establish what you will need to accomplish in order for this new knowledge to contribute to your educational goals.

To achieve these objectives, you must complete the entire process laid out in the different stages of the course.

Thus, if you work in the way suggested, you will be well positioned to meet the following objectives:

Overall objective

Become familiar with the specific concepts built around advanced sports nutrition in order to affect athletes' nutritional behavior, and so their performance.

Specific objectives

- 1 Contextualize actual nutrition regarding its history and future.
- 2 Understand what skills are essential to be effective in sports nutrition and improving athletes' behavior
- 3 Understand which supplements may be useful and which not and how to implement supplements in daily practice
- 4 Learn how nutrition can influence immune system.

CONTINUE

Skills

We hope you will develop the following skills throughout the course:

General skills

- 1** **Group and collaborative work:** the ability to work with colleagues in order to accomplish shared goals and to achieve the synergy typical of a high performance group.
- 2** **The capacity of analysis/reflection:** the capacity to methodically examine the different aspects of a certain reality or situation and to carry out an assessment of that situation.
- 3** **Creativity and innovative, knowledge-based solutions:** the capacity to find alternative solutions to existing problems based on formal knowledge.

Specific skill

Develop the ability to influence athletes' nutritional behavior in order to improve their recovery and performance.

CONTINUE

Bibliography

Jeukendrup, A. (2013). The new carbohydrate intake recommendations. *Nestle Nutr Inst Workshop Ser*, 75, 63-71. doi:10.1159/000345820

Jeukendrup, A. (2014). A step towards personalized sports nutrition: carbohydrate intake during exercise. *Sports Med*, 44 Suppl 1, 25-33. doi:10.1007/s40279-014-0148-z

Jeukendrup, A. E. (2011). Nutrition and endurance sports: running, cycling, triathlon. *J Sports Sci*, 29(Suppl 1), S91-99.

Jeukendrup, A. E., & Gleeson, M. (2018). *Sport Nutrition: an introduction to energy production and performance* (3rd edition ed.). Champaign IL: Human Kinetics.

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Criteria for participation and approval

Participation criteria

During the month of course, the student is expected to:

- Browse the multimedia contents of each of the modules that make up the course.
- Solve the evaluations assigned in each module.
- Carry out the proposed activities, whether group or individual.
- Take the final exam.

Approval criteria

For the approval of the course, the student is required to complete the (4) proposed activities in the course and pass the final exam. The student must obtain a final score of 70% or more. This grade will be the average between the activities and the final exam.

CONTINUE

Modules

Module 1. The history and future of sports nutrition

Module 2. What it takes to be effective in sports nutrition

Module 3. Supplements versus foods

Module 4. Immune system

CONTINUE