

Syllabus: Macronutrients and fluids for football



SYLLABUS

- ≡ Objectives
- ≡ Skills
- ≡ Criteria for participation and approval

MODULES

- ≡ Module 1. The role of carbohydrate in the players' diet
- ≡ Module 2. The role of protein in a player's diet
- ≡ Module 3. The role of fat in a player's diet
- ≡ Module 4. Fluid requirements for football

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:

General objectives

- Achieve knowledge and understanding of the main food groups and their roles in player nutrition
- Appreciate the factors that determine energy balance
- Understand the effects of exercise on nutrient requirements and the effects of nutritional manipulation on football performance
- Understand the effects of dehydration on the physiological responses to football exercise
- Be aware of the place of dietary supplements in football

Specific objective

Understand the role of macronutrients for football performance

CONTINUE

Skills

The skills we hope you will develop throughout this course are:

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 skills

- The ability of managing self-learning – setting/meeting targets
- The ability of critical thinking – evaluation of practice
- The ability of interpretation – managing and understanding data
- The ability of communication- summarizing and prioritizing information

CONTINUE

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

Module 1. The role of carbohydrate in the players' diet

Unit 1.1. Introduction to carbohydrate

Unit 1.2. Carbohydrate for football

CONTINUE

Module 2. The role of protein in a player's diet

Unit 2.1. Introduction to protein

Unit 2.2. Protein for football

CONTINUE

Module 3. The role of fat in a player's diet

Unit 3.1. Introduction to Fats

Unit 3.2. Fats for football

CONTINUE

Module 4. Fluid requirements for football

Unit 4.1. An introduction to fluid and electrolytes

Unit 4.2. Fluid and electrolytes for football

CONTINUE