

Course Unit	Nutrition in Sports	Field of study	Sport Sciences
Bachelor in	Sports - Minor in Recreation and Leisure	School	School of Education
Academic Year	2023/2024	Year of study	3
Type	Semestral	Semester	1
Level	1-3	ECTS credits	4.0
Code	9563-625-3103-00-23		
Workload (hours)	108	Contact hours	T 27 TP 15 PL - TC - S - E - OT 3 O -

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Pedro Miguel Monteiro Rodrigues

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. - General basic concepts about food, nutrition and health. - Respect the historical evolution of the cultural and behavioral connotations of food.
2. - Know the human nutritional needs. - Show knowledge about correct eating, avoiding serious eating problems.
3. - Understand the importance of food in sports performance. - Understand the benefit / risk ratio of the use of nutritional supplements in sports performance and health.

### Prerequisites

Not applicable

### Course contents

Food and Nutrition. Bioenergetics of human exercise. Hydro-electrolyte balance. Nutrition and Sport. Nutritional Supplements.

### Course contents (extended version)

1. Basic principles about nutrition/food
2. Basic concepts: Carbohydrates, Lipids, Proteins, Vitamins and Minerals
3. Food Nutrition Information/Read a nutritional Label
4. Metabolism / Energy Needs;
5. Hydro-electrolyte balance;
6. Food according to the sport: pre-competition moment; competition and post-competition;
7. Ergogenic supplements and doping.

### Recommended reading

1. Teixeira, P. J. , Sardinha, L. B. , Barata, J. L. (2008) *Nutrição, Exercício e Saúde*. (ed. ). Lisboa: Lidel – Edições Técnicas;
2. Sousa M, Teixeira VH, Graça P, (2016). *Nutrição no Desporto*. Direcção Geral de Saúde
3. Abreu R . . . Sá, C. . . et al. (2021) Portuguese Football Federation consensus statement 2020: nutrition and performance in football. *BMJ Open Sport & Exercise Medicine*; 7: e001082.
4. Mahan L, Escott-Stump S. (2009) *Krause's Food & Therapy*. 13th edition. Saunders Elsevier, 2012
5. Sá, C. et al (2021) Dietary intake of young Portuguese handball players. *Motricidade* 17(3). DOI: <https://doi.org/10.6063/motricidade.23685>

### Teaching and learning methods

The Curricular Unit includes face-to-face / online contact with presentation of the content and debate on the various topics to be presented. There will be 4 moments of assessments, one relating to practical cases during the class, 2 tests and the completion of a work that will be presented at the end of the course.

### Assessment methods

1. 2 Written Testes - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 50% ((25% 1st Written Test + 25% 2nd Written Test))
2. Practical Cases - (Regular, Student Worker) (Final)
  - Practical Work - 20%
3. Final Work - (Regular, Student Worker) (Final)
  - Work Discussion - 30%
4. Final Exam - (Regular, Student Worker) (Final, Supplementary, Special)
  - Final Written Exam - 100%

### Language of instruction

1. Portuguese, with additional English support for foreign students.
2. English

### Electronic validation

Pedro Miguel Monteiro Rodrigues	José Augusto Afonso Bragada	Pedro Miguel Queirós Pimenta Magalhaes	Carlos Manuel Costa Teixeira
25-02-2024	26-02-2024	26-02-2024	27-02-2024