

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