



## Information about the subject

**Degree:** Bachelor of Sciences of Physical Activity and Sport

**Faculty:** Faculty of Physical Activity and Sport Sciences

**Code:** 282068 **Name:** Nutrition

**Credits:** 4,50 **ECTS Year:** 3, 4 **Semester:** 2

**Module:** 4) Optional Module.

**Subject Matter:** Nutrition **Type:** Elective

**Field of knowledge:** Health Sciences

**Department:** Physical Preparation and Conditioning

**Type of learning:** Classroom-based learning

**Languages in which it is taught:** English, Spanish

**Lecturer/-s:**

|        |                                                            |                      |
|--------|------------------------------------------------------------|----------------------|
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## Module organization

### 4) Optional Module.

| Subject Matter                     | ECTS  | Subject                                                                       | ECTS | Year/semester                                           |
|------------------------------------|-------|-------------------------------------------------------------------------------|------|---------------------------------------------------------|
| Inclusive Activities and Practices | 4,50  | Inclusive Activities and Practices in the Areas of Education and Leisure Time | 4,50 | 3, 4/2                                                  |
| Anthropology.                      | 12,00 | Anthropology                                                                  | 6,00 | 3/1                                                     |
|                                    |       | Science, Reason and Faith                                                     | 6,00 | 3/2                                                     |
| Collective Sports                  | 22,50 | Basketball                                                                    | 4,50 | 3, 4/2                                                  |
|                                    |       | Football                                                                      | 4,50 | 3, 4/2                                                  |
|                                    |       | Handball                                                                      | 4,50 | 3, 4/2                                                  |
|                                    |       | Hockey                                                                        | 4,50 | This elective is not offered in the academic year 25/26 |
|                                    |       | Volleyball                                                                    | 4,50 | 4/2                                                     |
| Adversary Sports                   | 18,00 | Fencing                                                                       | 4,50 | This elective is not offered in the academic year 25/26 |
|                                    |       | Judo                                                                          | 4,50 | 4/2                                                     |
|                                    |       | Paddle                                                                        | 4,50 | 4/2                                                     |
|                                    |       | Tennis                                                                        | 4,50 | 3, 4/2                                                  |



|                                                     |       |                                                            |      |                                                         |
|-----------------------------------------------------|-------|------------------------------------------------------------|------|---------------------------------------------------------|
| Sports in the Natural Environment                   | 4,50  | Sports in Nature: Specific Techniques                      | 4,50 | 3, 4/2                                                  |
| Individual sports                                   | 22,50 | Athletics                                                  | 4,50 | 3, 4/2                                                  |
|                                                     |       | Cycling                                                    | 4,50 | This elective is not offered in the academic year 25/26 |
|                                                     |       | Gymnastics                                                 | 4,50 | This elective is not offered in the academic year 25/26 |
|                                                     |       | Swimming                                                   | 4,50 | This elective is not offered in the academic year 25/26 |
|                                                     |       | Triathlon                                                  | 4,50 | 3, 4/2                                                  |
| Direction and Management of Gyms and Sports Centers | 4,50  | Gym and Sports Centre Management and Administration        | 4,50 | This elective is not offered in the academic year 25/26 |
| Idiom                                               | 9,00  | Inglés Avanzado para Ciencias Actividad Física y Deporte   | 4,50 | 3, 4/2                                                  |
|                                                     |       | Inglés Intermedio para Ciencias Actividad Física y Deporte | 4,50 | 3, 4/2                                                  |
| Sports facilities                                   | 4,50  | Sports Facilities                                          | 4,50 | This elective is not offered in the academic year 25/26 |
| Research Methods and Techniques                     | 4,50  | Applied Research Methods and Techniques in Sport Sciences  | 4,50 | 3, 4/2                                                  |
| Nutrition                                           | 4,50  | Nutrition                                                  | 4,50 | 3, 4/2                                                  |



|                                     |       |                                                                      |      |                                                                  |
|-------------------------------------|-------|----------------------------------------------------------------------|------|------------------------------------------------------------------|
| Professional<br>Itinerary Electives | 27,00 | Fitness and Physical<br>Conditioning                                 | 6,00 | 4/1                                                              |
|                                     |       | Pedagogy in Educational<br>Values in Sports and<br>Physical Activity | 6,00 | 4/1                                                              |
|                                     |       | Skills, Entrepreneurship<br>and Employment                           | 3,00 | 4/2                                                              |
|                                     |       | Sports Management of<br>Human and Economic<br>Resources              | 6,00 | 4/1                                                              |
|                                     |       | Theory and Practice of<br>Training for High<br>Performance in Sports | 6,00 | 4/1                                                              |
| Trends in sports<br>practices       | 4,50  | Trends in Sports<br>Practices                                        | 4,50 | This elective is not<br>offered in the<br>academic year<br>25/26 |
| Social Skills and<br>Group Dynamics | 4,50  | Social Skills and Group<br>Dynamics                                  | 4,50 | This elective is not<br>offered in the<br>academic year<br>25/26 |



## Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 Identify, distinguish, and apply knowledge about the different physiological, biochemical, and bromatological aspects and processes that influence nutrition in the context of physical exercise.
- R2 Evaluate and interpret evidence related to physical fitness in relation to nutritional status to optimize health and sports performance.
- R3 Recognize and understand nutritional practices that are beneficial for health during physical activity or rest.
- R4 Identify inadequate nutritional situations or practices that may pose health risks or decrease sports performance.
- R5 Critically analyze various sources of information related to dietary and nutritional aspects linked to health and physical-sports activity

## Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

|  | Weighting |   |   |   |
|--|-----------|---|---|---|
|  | 1         | 2 | 3 | 4 |
|  |           |   |   |   |
|  |           |   |   |   |



## Assessment system for the acquisition of competencies and grading system

| Assessed learning outcomes | Granted percentage | Assessment method                         |
|----------------------------|--------------------|-------------------------------------------|
| R1, R2, R3, R4, R5         | 50,00%             | Written and/or practical tests.           |
| R1, R5                     | 10,00%             | Individual or Group Work / Project.       |
| R2, R3, R5                 | 20,00%             | Exercises and Practices in the Classroom. |
| R1, R2, R3, R4, R5         | 20,00%             | Non-face-to-face autonomous work.         |

### Observations

The student may keep the assessment instruments passed during the 3 years following the first enrolment.

It is necessary to obtain 50% in the following assessment instruments in order to pass the subject: Written/oral and/or practical tests. According to article 4.2. of the UCV Evaluation Guidelines, the limit of absences that may be due to eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.

If any of these criteria is not met, the student will be graded with a maximum of 4.5.

### SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

#### Written and/or practical tests

This consists of a single final exam on the dates of the official exam dates.

Multiple-choice test: it will contain multiple-choice questions with 4 options, as well as multiple-choice questions with a multiple-choice approach and practical case studies with a multiple-choice answer (use of a calculator).

Penalty system: 4 options = 1 wrong subtract 33.3%.

#### Individual or Group Work / Project

It consists of preparing nutritional strategies in specific sports.

#### Exercises and Classroom Practice

The students carry out a series of tasks in class in an autonomous way. The activities will be related to the syllabus. They may take the form of review activities, review quizzes, problems, solving short questions, etc. At the end of the activity in class, students will hand in the activity through the teaching platform.

#### Autonomous work not in class

Breakdown of practical work:



1. 24-hour intake reminder record, nutritional calculation and comments in class. Students carry out a 24-hour intake recording task and a related calculation which is delivered via the platform.

2. The student expresses what he/she knows about the topic covered in class through an argumentative and dialogic oral discourse, it is a formal, public and prepared discussion technique. It is normally carried out in teams and the positions to be adopted can be discussed and even exchanged during the course of the discussion.

3. Students, together with the teacher, carry out a critical and reflective reading of a text and then share and transform their experience and understanding of that reading.

*The detailed explanation (procedure for the assignments) as well as the assessment tools (worksheets or rubrics) for each section will be posted on each group's platform at the student's disposal.*

## Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- M1 Attendance at practices.
- M2 Resolution of problems and cases.
- M3 Discussion in small groups.
- M4 Practical laboratories.
- M5 Presentation of content by the teacher.
- M6 Practical lesson.
- M7 Group dynamics and activities.



## IN-CLASS LEARNING ACTIVITIES

|                                                                                                                                                                                                                                                                    | LEARNING OUTCOMES  | HOURS        | ECTS        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|--------------|-------------|
| <b>THEORETICAL CLASS:</b> Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom.<br>M4, M5, M6, M7                                                                                    | R1, R2, R3, R4, R5 | 25,00        | 1,00        |
| <b>PRACTICAL CLASS / SEMINAR:</b> Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer classroom, library, etc. Meaningful construction of knowledge through student interaction and activity.<br>M4, M6 | R2, R5             | 15,00        | 0,60        |
| <b>EVALUATION:</b> Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.<br>M4, M5, M6, M7                                                                                          | R1, R2, R3, R4, R5 | 4,00         | 0,16        |
| <b>TUTORING:</b> Supervision of learning, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher.<br>Presentation of diagrams and indexes of the proposed works.<br>M5, M7                            | R1                 | 1,00         | 0,04        |
| <b>TOTAL</b>                                                                                                                                                                                                                                                       |                    | <b>45,00</b> | <b>1,80</b> |



## LEARNING ACTIVITIES OF AUTONOMOUS WORK

|                                                                                                                                                                                                  | LEARNING OUTCOMES | HOURS        | ECTS        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|--------------|-------------|
| GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring.<br>M7                                                                       | R5                | 52,50        | 2,10        |
| SELF-EMPLOYED WORK: Study, Individual preparation of exercises, assignments, reports, to present or deliver in classes and/or in tutoring. Activities in platform or other virtual spaces.<br>M6 | R3, R4, R5        | 15,00        | 0,60        |
| <b>TOTAL</b>                                                                                                                                                                                     |                   | <b>67,50</b> | <b>2,70</b> |



## Description of the contents

Description of the necessary contents to acquire the learning outcomes.

### Theoretical contents:

| Content block                              | Contents                                |
|--------------------------------------------|-----------------------------------------|
| 1. Physiological processes of nutrition    | Physiological processes of nutrition    |
| 2. Components of food                      | Components of food                      |
| 3. Nutritional optimisation in athletes    | Nutritional optimisation in athletes    |
| 4. Balanced nutrition                      | Balanced nutrition                      |
| 5. Assessment of nutritional status        | Assessment of nutritional status        |
| 6. Modification of body composition        | Modification of body composition        |
| 7. Nutrition in special situations         | Nutrition in special situations         |
| 8. Nutritional supplements and supplements | Nutritional supplements and supplements |



## Temporary organization of learning:

| Block of content                           | Number of sessions | Hours |
|--------------------------------------------|--------------------|-------|
| 1. Physiological processes of nutrition    | 3,00               | 6,00  |
| 2. Components of food                      | 3,00               | 6,00  |
| 3. Nutritional optimisation in athletes    | 8,00               | 16,00 |
| 4. Balanced nutrition                      | 3,00               | 6,00  |
| 5. Assessment of nutritional status        | 4,00               | 8,00  |
| 6. Modification of body composition        | 4,00               | 8,00  |
| 7. Nutrition in special situations         | 3,00               | 6,00  |
| 8. Nutritional supplements and supplements | 2,00               | 4,00  |



## References

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