



## Information about the subject

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

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

**Code:** 282029 **Name:** Nutrition and Physical and Sports Activity

**Credits:** 6,00 **ECTS Year:** The course is not offered this academic year **Semester:** 1

**Module:** 10) Optional Itinerary Module

**Subject Matter:** Nutrition and physical and sports activity **Type:** Elective

**Field of knowledge:** Health and functional assessment

**Department:** Health and Functional Assessment

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

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

### Lecturer/-s:

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## Module organization

### 10) Optional Itinerary Module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Nutrition and physical and sports activity	6,00	Nutrition and Physical and Sports Activity	6,00	This elective is not offered in the academic year 20/21
Sport Injuries	6,00	Injuries in Physical Activity	6,00	This elective is not offered in the academic year 20/21
Sports Marketing	6,00	Sports Marketing	6,00	This elective is not offered in the academic year 20/21
Sport and recreation	6,00	Sport and Recreation	6,00	This elective is not offered in the academic year 20/21



## 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 Acquire basic knowledge.
- R2 Learning to work together.
- R3 Apply the knowledge acquired ergogénesis depending on the sport.
- R4 Knowing how to use equipment, tools, methodologies and protocols related to nutrition and physical activity and sport.
- R5 Learn to assess and evaluate theoretical and practical work.



## 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):

GENERAL		Weighting			
		1	2	3	4
CG1	Understanding scientific literature in English and other important languages widely used in the scientific field achieving a good management of information			X	
CG2	Ability to apply information technology and communication (ICT)			X	
CG3	Develop skills to solve problems through decision-making				X
CG4	Transmit any information regarding the contents of body expression both in writing and orally			X	
CG5	Plan and organize any activity efficiently			X	
CG6	Develop interpersonal skills and teamwork, both international and domestic contexts and in interdisciplinary teams and non-interdisciplinary			X	
CG7	Be capable of critical reasoning using the knowledge gained				X
CG9	Knowing and complying with the professional ethics necessary to work			X	
CG10	Develop skills to adapt to new situations and autonomous learning			X	
CG13	Being able to apply theoretical knowledge in practice				X
CG14	Use Internet well as communication and as a source of information			X	
CG18	Being able to assess themselves	X			
CG19	Developing habits aiming at obtaining excellence and quality at work		X		



SPECIFIC	Weighting			
	1	2	3	4
CE5 Know and understand the effects of the practice of body language and its manifestations in the personal development and health improvement				X



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

Assessed learning outcomes	Granted percentage	Assessment method
R1, R3	55,00%	Written/oral and/or practical tests.
R5	5,00%	Participation and self-assessment.
R1, R2, R3, R4	40,00%	Exam or practical questionnaires.

### Observations

**Criteria for granting a grade of honor:** Mention Honors (MH) may be granted to students who score at or above "9", provided that the number of these students does not exceed 5% of registered in this area (if the student group is less than 20 an honors student would be given to / to reach the required score). If the number of students meeting the conditions of honors exceed 5%, this rating will be assigned to complete this percentage starting with the highest score. In case of tie, obtaining honors would solve by conducting a new test.

### To pass the subject or in the 1st and 2nd announcement will be essential:

The results obtained by the student will be graded according to the following numerical scale of 0 to 10, with 2 decimal expression, which may be added the corresponding qualitative rating:

- 0 to 4.9: Thriller
- 5.0 to 6.9: Approved
- 7.0 to 8.9: Notable
- 9.0 to 10: Outstanding

The minimum score of each item of assessment to make half the final grade for the course will be 5.0 points. The final average to pass the course will be 5 points. The student must pass all assessments have been made during the semester to pass the course. If the average student make a note less than 5.0, the interest is valued, predisposition and involvement of students in the course. In the event that a penalty, one of the party is suspended, regardless of the average of all remaining parts being approved on 5, the student will be awarded a maximum grade of 4.5 points.

### To pass the subject or in the 3rd and 4th announcement will be essential:

There will be a special group for students who are not first registration and a professor in charge of the group. The professor in charge of this group performed 6 sessions monitoring and tutoring for 2 hours each. In each session the subject so that the work of the skills that each student needs to



pass the course will be reinforced develop. The assessment of theoretical contents will be on the exam set in the official calendar for this course. The assessment of practical content will be made with the participation and delivery of the memory of the practical sessions. These sessions are available on the specific timing of the tutorial.

**To pass the course or in 5th and subsequent announcements will be essential:**

these students will qualify them only with 100% exam department. No notes taken into account skills and studied / previously approved. They may request tutoring professor of subjects.

## Learning activities

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

- M1 Exhibition of contents by the teacher.
- M2 Dynamics and group activities.
- M3 Resolution of problems and cases.
- M5 Discussion in small groups.



## IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
<p>PRACTICAL /SEMINAR CLASS: Dynamics and group activities. Resolution of problems and cases. Laboratory practices. Data search in a computer room, library... Meaningful construction of knowledge through the interaction and activity of the student</p> <p>M2, M3, M5</p>	R3, R4, R5	29,00	1,16
<p>TUTORY: Learning supervision, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of schemes and indexes of the proposed works.</p> <p>M5</p>	R1, R4, R5	2,00	0,08
<p>EVALUATION: Set of oral and / or written tests used in the evaluation of the student, including the oral presentation of the final project.</p> <p>M2, M3</p>	R5	4,00	0,16
<p>THEORETICAL CLASS: Presentation of content by the teacher. Competency analysis. Demonstration of skills, abilities and knowledge in the classroom.</p> <p>M1, M2, M5</p>	R1, R5	25,00	1,00
<b>TOTAL</b>		<b>60,00</b>	<b>2,40</b>





## LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, works, memories, to exhibit or deliver in classes and / or in tutoring. M2, M3	R3, R4, R5	40,00	1,60
AUTONOMOUS WORK: Study, Individual preparation of exercises, works, memories, to exhibit or deliver in classes and / or in tutoring. Platform activities or other virtual spaces. M3	R2, R3, R4, R5	50,00	2,00
<b>TOTAL</b>		<b>90,00</b>	<b>3,60</b>

## Description of the contents

Description of the necessary contents to acquire the learning outcomes.

### Theoretical contents:

Content block	Contents
UD I: Biochemical and physiological fundamentals of nutrition. Topic	1. The process of nutrition 2. Food composition 3. Energy transfer in the human body
UD II: Balanced diet and ergogenic aids.	4- Balanced diet. 5. Assessment of nutritional status 6. Ergogenic aspects
UD III: Introduction to Sports Nutrition	7. Obesity and weight control exercise 8. Nutrition Recommendations in sports. (Nutrigenomics).



## Temporary organization of learning:

Block of content	Number of sessions	Hours
UD I: Biochemical and physiological fundamentals of nutrition. Topic	10,00	20,00
UD II: Balanced diet and ergogenic aids.	10,00	20,00
UD III: Introduction to Sports Nutrition	10,00	20,00



## References

### **BASIC BIBLIOGRAPHY:**

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Gonzales, J., Sánchez. P., Mataix, J. (2006). Nutrición en el deporte. Ayudas ergogénicas y dopaje.

Jeukendrup A, Gleeson A. (2004). Sport Nutrition. 1ª Edición. Editorial Human Kinetics.

Marfell-Jones, M., Olds, T., Norton, K., y Carter, L. (2006). Estándares Internacionales para la Valoración

Antropométrica. Sociedad Internacional para el Avance de la Cineantropometría.

McArdle, W.D., Katch, F.I., Katch, V.L. (2004). Fundamentos de fisiología del ejercicio. Madrid-McGraw-Hill/interamericana de España.

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Moreno; C. P., & Manonelles: P.M. (2011): Manual de cineantropometría. Editores. FEMEDE. Monografía Nº 11. Barcelona.

Seignalet, Jean. (2015). La Alimentación, la tercera medicina. (Traducción del libro Nutefgia/margarita Ribó Coll y José Manuel García Verdugo).RBA Integral). 1ª Edición – Barcelona: España.

Seignalet, J. (2016). Alimentación antigua y alimentación moderna. En J. Seignalet (Ed.), La alimentación, la tercera medicina (pp. 60-98). Barcelona: Integral.

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Williams MH. Nutrición para la salud, la condición física y el deporte. (2002). 1ª Edición. Editorial



Paidotribo.

Villa J, Córdova A, González J. (2000) Nutrición del Deportista. 1ª Edición. Editorial Gymnos.

Wolinsky I. (1998). Nutrition in Exercise and Sport. 3ª Edición. CRC Press.

Wolinsky, I., Driskell, J.A. (2004) Nutritional Ergogenic Aids. 1ª Edición. CRC Press.



## Addendum to the Course Guide of the Subject

Due to the exceptional situation caused by the health crisis of the COVID-19 and taking into account the security measures related to the development of the educational activity in the Higher Education Institution teaching area, the following changes have been made in the guide of the subject to ensure that Students achieve their learning outcomes of the Subject.

**Situation 1: Teaching without limited capacity** (when the number of enrolled students is lower than the allowed capacity in classroom, according to the security measures taken).

In this case, no changes are made in the guide of the subject.

**Situation 2: Teaching with limited capacity** (when the number of enrolled students is higher than the allowed capacity in classroom, according to the security measures taken).

In this case, the following changes are made:

### 1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject will be made through a simultaneous teaching method combining onsite teaching in the classroom and synchronous online teaching. Students will be able to attend classes onsite or to attend them online through the telematic tools provided by the university (videoconferences). In any case, students who attend classes onsite and who attend them by videoconference will rotate periodically.

In the particular case of this subject, these videoconferences will be made through:

- Microsoft Teams
- Blackboard Collaborate Ultra
- Kaltura



## **Situation 3: Confinement due to a new State of Alarm.**

In this case, the following changes are made:

### **1. Educational Activities of Onsite Work:**

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject, as well as the group and personalized tutoring, will be done with the telematic tools provided by the University, through:

- Microsoft Teams
- Blackboard Collaborate Ultra
- Kaltura

Explanation about the practical sessions:



## 2. System for Assessing the Acquisition of the competences and Assessment System

### ONSITE WORK

#### Regarding the Assessment Tools:

The Assessment Tools will not be modified. If onsite assessment is not possible, it will be done online through the UCVnet Campus.

The following changes will be made to adapt the subject's assessment to the online teaching.

Course guide		Adaptation	
Assessment tool	Allocated percentage	Description of the suggested changes	Platform to be used

The other Assessment Tools will not be modified with regards to what is indicated in the Course Guide.

#### Comments to the Assessment System: