



Information about the subject

Degree: Bachelor of 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:** 4 **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: Physical Preparation and Conditioning

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	4/1
Sport Injuries	6,00	Injuries in Physical Activity	6,00	4/1
Sports Marketing	6,00	Sports Marketing	6,00	This elective is not offered in the academic year 24/25
Sport and recreation	6,00	Sport and Recreation	6,00	This elective is not offered in the academic year 24/25

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 ergogenesis 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

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

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.

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

According to article 4.2. of the UCV Assessment Guidelines, the limit for absences that may be due to eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.



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
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 M2, M3, M5	R3, R4, R5	29,00	1,16
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. M5	R1, R4, R5	2,00	0,08
EVALUATION: Set of oral and / or written tests used in the evaluation of the student, including the oral presentation of the final project. M2, M3	R5	4,00	0,16
THEORETICAL CLASS: Presentation of content by the teacher. Competency analysis. Demonstration of skills, abilities and knowledge in the classroom. M1, M2, M5	R1, R5	25,00	1,00
TOTAL		60,00	2,40



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
TOTAL		90,00	3,60

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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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.

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

