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:

OAC33T	Eraci Drehmer Rieger **(Responsible Lecturer)**	eraci.drehmer@ucv.es
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Module organization

4) Optional Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Inclusive Activities and Practices	4,50	Insclusive 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 Itinerary Electives	27,00	Fitness and Physical Conditioning	6,00	4/1
		Pedagogy in Eduational Values in Sports and Physical Activity	6,00	4/1
		Skills, Entrepreneurship and Employment	3,00	4/2
		Sports Management of Human and Economic Resources	6,00	4/1
		Theory and Practice of Training for High Performance in Sports	6,00	4/1
Trends in sports practices	4,50	Trends in Sports Practices	4,50	This elective is not offered in the academic year 25/26
Social Skills and Group Dynamics	4,50	Social Skills and Group Dynamics	4,50	This elective is not offered in the academic year 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

This course is NOT eligible for a single assessment request in accordance with Article 10.3 of the GENERAL REGULATIONS FOR ASSESSMENT AND GRADING OF OFFICIAL COURSES AND UCV DEGREE PROGRAMS.
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
If any of these criteria is not met, the student will be graded with a maximum of 4.5.

SPECIFICATIONS OF THE EVALUATION INSTRUMEN

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.

Use of Artificial Intelligence Tools in the CAFD Degree Program

Use of Artificial Intelligence tools in the CAFD degree program In the Bachelor's Degree in Physical Activity and Sports Sciences (CAFD), the use of Artificial Intelligence (AI) tools is permitted in a complementary and responsible manner, as long as it contributes to active learning, the development of critical thinking, and the improvement of students' professional skills. Under no circumstances should AI replace personal effort, direct practice, or independent reflection, which are fundamental pillars of this degree program.

Permitted Uses of AI:
·Obtaining alternative explanations of theoretical or methodological concepts.
·Generating outlines, concept maps, or summaries to support study.
·Simulating interviews, questionnaires, or training sessions as part of methodological or research practices.
·Receiving feedback on report writing, provided that the original content is the student's own.
·Supporting the search for bibliography or scientific references, always contrasting with reliable and real academic sources, and respecting the CAFD regulations for the presentation of university work.

Prohibited Uses of AI:
·Writing complete sections of academic papers, classroom exercises and practices, internship reports, journals, or portfolios, as well as the Final Degree Project.
·Formulating hypotheses, objectives, or conclusions for academic work.
·Replacing qualitative or quantitative data analysis with automated tools without human validation.
·Creating videos, presentations, or avatars with AI as a substitute for the student's oral or practical presentation.
·Obtaining automatic answers to tests, rubrics, or assessable activities through the use of AI.

Citation and Attribution Guidelines:
·Any use of AI tools must be explicitly acknowledged in the submitted document (e.g., in a footnote or appendix).
·The name of the tool, the purpose of use (e.g., grammatical review, organization of ideas, interview simulation), and where it was used in the work must be indicated.
·Responsible use of AI will be evaluated within the framework of originality, academic honesty, and digital competence.

Additional recommendations:
Students are encouraged to combine the use of AI with traditional methods (manual problem solving, practical session design, direct observation, etc.) to ensure the comprehensive development of their skills.

If there are any doubts about the permitted use of AI in a specific activity, students should consult the faculty responsible for the course.

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
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom. M4, M5, M6, M7	R1, R2, R3, R4, R5	25,00	1,00
PRACTICAL CLASS / SEMINAR: 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. M4, M6	R2, R5	15,00	0,60
EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project. M4, M5, M6, M7	R1, R2, R3, R4, R5	4,00	0,16
TUTORING: Supervision of learning, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works. M5, M7	R1	1,00	0,04
TOTAL		**45,00**	**1,80**

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. 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. M6	R3, R4, R5	15,00	0,60
TOTAL		**67,50**	**2,70**

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

BASIC BIBLIOGRAPHY:

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