

Course Outline: “5103 - Sports Nutrition”

1. General information

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|--|--|------------------------------|-----------------------|
| FACULTY/SCHOOL | Physical Education, Sport Science & Nutrition | | |
| DEPARTMENT | Nutrition & Dietetics | | |
| LEVEL OF STUDY | Undergraduate | | |
| COURSE UNIT CODE | 5103 | SEMESTER | 5th |
| COURSE TITLE | Sports Nutrition | | |
| INDEPENDENT TEACHING ACTIVITIES | | WEEKLY TEACHING HOURS | CREDITS |
| in case credits are awarded for separate components/parts of the course, e.g. in lectures, laboratory exercises, etc. If credits are awarded for the entire course, give the weekly teaching hours and the total credits | | | |
| | Lectures | 3 | |
| | Laboratory Exercises | 2 | |
| <i>Add rows if necessary. The organization of teaching and the teaching methods used are described in detail under section 4</i> | | 5 | 6 |
| COURSE TYPE <i>Background knowledge, Scientific expertise, General Knowledge, Skills Development</i> | Scientific expertise | | |
| PREREQUISITE COURSES | NO | | |
| LANGUAGE OF INSTRUCTION | Greek | | |
| LANGUAGE OF EXAMINATION/ASSESSMENT | Greek | | |
| THE COURSE IS OFFERED TO ERASMUS STUDENTS | YES | | |
| COURSE WEBSITE (URL) | https://eclass.uth.gr/courses/DND_U_215/ (Lectures) https://eclass.uth.gr/courses/DND_U_216/ (Laboratory Exercises) | | |

2. LEARNING OUTCOMES

Learning Outcomes

The course learning outcomes, specific knowledge, skills and competences of an appropriate (certain) level, which students will acquire upon successful completion of the course, are described in detail. It is necessary to consult: Συμβουλευτείτε το

APPENDIX A

- Description of the level of learning outcomes for each level of study, in accordance with the European Higher Education Qualifications' Framework.
- Descriptive indicators for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and

APPENDIX B

Guidelines for writing Learning Outcomes

The course deals with the nutrition of individuals involved in sports and exercise. It deals with the special nutritional needs of athletes that may differ depending on the type of sport, but also the training period (pre-competition, competition, rehabilitation).

The course material aims to understand the special nutritional requirements during sports, as well as the design of specialized diets to support and improve athletic performance in various sports.

Upon successful completion of the course the student will be able to:

- understands the importance of diet for athletic performance
- understands the special energy and nutritional requirements of athletes depending on the type of exercise
- plans diets specialized for different types of sports in order to support and improve athletic performance
- is aware of possible nutritional deficiencies and disorders that may occur in athletes and trainees
- knows the usefulness of nutritional supplements in sports
- manages with appropriate nutritional intervention the body weight of athletes and trainees.

General Competences

Taking into consideration the general competences that students/graduates must acquire (as those are described in the Diploma Supplement and are mentioned below), at which of the following does the course attendance aim?

Search for, analysis and synthesis of data and information by the use of appropriate technologies, Adapting to new situations Decision-making Individual/Independent work Group/Team work Working in an international environment Working in an interdisciplinary environment Introduction of innovative research

Project planning and management Respect for diversity and multiculturalism Environmental awareness Social, professional and ethical responsibility and sensitivity to gender issues Critical thinking Development of free, creative and inductive thinking (Other.....citizenship, spiritual freedom, social awareness, altruism etc.)

- Search for, analysis and synthesis of data and information by the use of appropriate technologies
- Adapting to new situations
- Decision-making
- Independent work
- Working in an interdisciplinary environment
- Introduction of innovative research

3. COURSE CONTENT

Indicative content:

- Energy balance and athlete requirements at rest and during exercise
- Physical composition and change in body weight in athletes
- Needs of athletes in fluids, macronutrients and micronutrients
- Nutritional supplements and ergogenic aids in sports
- Assessment of nutritional status and eating disorders in sports
- Nutrition and sport in extreme environments
- Nutrition of athletes with chronic disease and disabilities
- Planning athletes' diets
- Carbohydrate loading
- Pre-game meal, practices during the game, meal after the game

4. TEACHING METHODS - ASSESSMENT

| | | |
|--|--|--------------------------|
| MODES OF DELIVERY <i>Face-to-face, in-class lecturing, distance teaching and distance learning etc..</i> | In class | |
| USE OF INFORMATION AND COMMUNICATION TECHNOLOGY <i>Use of ICT in teaching, Laboratory Education, Communication with students</i> | <ul style="list-style-type: none"> - Diet analysis software - Lectures in Power Point - Learning support through the online eClass platform | |
| COURSE DESIGN <i>Description of teaching techniques, practices and methods: Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, Internship, Art Workshop, Interactive teaching, Educational visits, projects, Essay writing, Artistic creativity, etc. The study hours for each learning activity as well as the hours of self-directed study are given following the principles of the ECTS.</i> | Activity/Method | Semester workload |
| | Lectures | 50 |
| | Individual work | 30 |
| | Independent Study | 70 |
| | Total | 150 |

**STUDENT PERFORMANCE
EVALUATION/ASSESSMENT
METHODS**

*Detailed description of the
evaluation procedures:*

*Language of evaluation,
assessment methods, formative or
summative (conclusive), multiple
choice tests, short- answer
questions, open-ended questions,
problem solving, written work,
essay/report, oral exam,
presentation, laboratory work,
other.....etc.*

*Specifically defined evaluation
criteria are stated, as well as if and
where they are accessible by the
students.*

Written final examination (100%) that includes:

- Multiple choice tests
- Short answer questions
- Problem solving questions

5. SUGGESTED BIBLIOGRAPHY

-Suggested bibliography:

- Williams M.H. Διατροφή: Υγεία, Ευρωστία & Αθλητική Απόδοση. Εκδόσεις Π.Χ. Πασχαλίδης, Αθήνα, 2003.
- Jeukendrup A. and Gleeson M. Sport Nutrition (3rd Edition). Human Kinetics Publishers, 2018.