



Course syllabus

Faculty of Social Sciences

Department of Sport Science

IIV003 Idrottens träningslära, kost för prestation, 7,5 högskolepoäng
Sport and nutrition for performance, 7.5 credits

Main field of study

Sport Science

Subject Group

Sport Science

Level of classification

First Level

Progression

G1N

Date of Ratification

Approved 2009-11-19

Revised 2016-06-13 by Faculty of Social Sciences. General corrections, and revision of the literature.

The course syllabus is valid from autumn semester 2016

Prerequisites

General entry requirements.

Objectives

After completing the course, students shall be able to:

- account for the different nutrients' fundamental structure and function in the body
- describe the importance of the different energy substances during different types of muscle workout
- understand the connection between the need for water, fluid balance and performance
- understand the importance of diet for performance on the basis of content, make-up and intake
- plan diet content and diet intake in connection with training and competition

Content

The course contains the following elements:

- performance development
- general nutrition including carbohydrates, fats, protein and micronutrients
- energy metabolism during muscle workout
- supplements and doping
- body composition
- analysis of diet intake, including a three-day diet recording
- diet planning and dietary guidelines for athletes

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- fluid balance and the importance of fluid during performance

Type of Instruction

Teaching consists of lectures.

Examination

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

Examination takes place by means of two written assignments, one of which is worth 2 credits and is assessed by the grades Fail or Pass, and the other one is worth 3.5 credits and is assessed by the grades Fail, Pass or Pass with Distinction, and a web-based written examination worth 2 credits which is assessed by the grades Fail or Pass.

To be awarded a grade of Pass, the course objectives must be attained. In order to receive a grade of Pass with Distinction for the entire course, the written assignment on 3.5 credits must be assessed as Pass with Distinction, and the other two examinations must be assessed as Pass.

Course Evaluation

A course evaluation is carried out during or at the end of the course. Results and analysis of the evaluation are presented to the students who have completed the course, as well as to the students at the following course date. The course evaluation is conducted anonymously.

Required Reading and Additional Study Material

Jeukendrup, Asker & Gleeson, Michael. (2014). *Idrotts nutrition för bättre prestation*. SISU idrottsböcker: Bulls, (485 pages). ISBN: 978-91-86323-47-9.

Scientific articles are also included.

Abrahamsson et al. (2013). *Näringslära för Högskolan*, 6th edition. Stockholm: Liber AB, (468 pages). ISBN: 978-91-47-10520-5.