



Course syllabus

Faculty of Social Sciences

Department of Sport Science

1IV003 Idrottens träningslära, kost för prestation, 7.5 credits
Sport and nutrition for performance

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 2022-06-17 by Faculty of Social Sciences. Revision of course literature.

The course syllabus is valid from autumn semester 2022

Prerequisites

General entry requirements for university studies.

Objectives

After completing the course, students shall be able to:

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

Content

The course contains the following elements:

- performance development
- basic nutrition including carbohydrates, fats, protein and micronutrients
- energy metabolism during muscle workout
- body composition
- analysis of dietary intake, including a three-day diet recording
- dietary guidelines
- 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 assessed by the grades Fail or Pass, and the other one is worth 3.5 credits and assessed by the grades Fail, Pass or Pass with Distinction, and an e-examination comprising 2 credits and assessed by the grades Fail or Pass.

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

A retake of the examination is provided in accordance with the Local Regulations for First-Cycle and Second-Cycle Courses and Examination at Linnaeus University.

Should the university determine that a student is entitled to special educational support due to impairment, the examiner may provide the student with an adapted test or the student may carry out the examination in an alternative way.

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

Berg, Christina, Ellegård, Lars & Larsson, Christel (2021). *Näringslära för högskolan*. 7th edition. Stockholm: Liber AB, (494 p.) ISBN: 978-91-47-13107-5

Scientific publications are also included, about 100 pages.