



Course syllabus

Faculty of Social Sciences

Department of Sport Science

IIV209 Idrottsnutrition, 7,5 högskolepoäng

Sportsnutrition, 7.5 credits

Main field of study

Sport Science

Subject Group

Sport Science

Level of classification

First Level

Progression

G1F

Date of Ratification

Approved by Faculty of Social Sciences 2016-12-14

The course syllabus is valid from autumn semester 2017

Prerequisites

NO VALUE DEFINED

Objectives

After completing the course, students shall be able to:

- account for the structure and function of the different nutrients in the body
- describe the importance of the different energy-providing nutrients to various kinds of muscular activity
- account for the importance of diet to physical performance based on dietary content, composition and intake
- plan dietary content and intake in connection with physical activities.

Content

The course contains theories and concepts within nutrition with emphasis on sports nutrition, and provides knowledge and understanding of the field of sports nutrition. The students learn how to search for, evaluate and critically review relevant information based on scientific articles and literature.

The course contains the following components:

- General nutrition
- Energy balance
- Diet for physical performance
- Carbohydrates, fats and proteins
- Vitamins and minerals
- Dietary supplements and doping

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- Body composition
- Analysis of dietary intake
- Meal planning
- Fluid requirements during physical activity

Type of Instruction

Teaching consists of lectures, seminars and case-based studies.

Examination

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

Examination of the course takes place by means of a written exam and an individual written assignment. The exam and the assignment are assessed by the grades Fail, Pass or Pass with Distinction. 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 course, both the written exam and the written assignment require a grade of Pass with Distinction.

Course Evaluation

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

Credit Overlap

The course cannot be included in a degree along with the following course/courses of which the content fully, or partly, corresponds to the content of this course: 1IV120 Science of Sports Medicine, 7.5 credits. Module 2 Sports Nutrition and Health.

Other

This course is included in the Sports Science Programme - Physical Activity, Health and Outdoor Recreation.

Required Reading and Additional Study Material

Jeukendrup, Asker. & Gleeson, Michael. (2014). *Idrottsnutrition för bättre prestation*. Stockholm: SISU idrottsböcker, (485 p). ISBN: 978-91-86323-47-9

Scientific articles also included, approximately 50 pages.