



## Course syllabus

Faculty of Social Sciences

Department of Sport Science

4IM115 Idrottsmedicin med inriktning mot idrottsnutrition, 7,5 högskolepoäng

Sports medicine with emphasis on Sports nutrition, 7.5 credits

### **Main field of study**

Sport Science

### **Subject Group**

Sport Science

### **Level of classification**

Second Level

### **Progression**

A1N

### **Date of Ratification**

Approved 2012-06-01

Revised 2016-10-28 by Faculty of Social Sciences. Revision of objectives, examination formats and course literature.

The course syllabus is valid from spring semester 2017

### **Prerequisites**

NO VALUE DEFINED

## Objectives

After completing the course, students shall be able to:

- explain the relation between the roles of the energy systems and the diet factors during exercise and competitions
- describe the influence of diet factors on body composition
- argue for the need of nutrients and fluid for health, recovery and optimum performance
- collect, summarise, interpret and critically analyse an athlete's diet and activity records
- independently put together and apply scientifically established dietary recommendations for various groups of athletes/levels of physical activity
- evaluate pros and cons of the use of dietary supplements for various groups of athletes
- discuss, critically review and assess other students' scientific dietary guidelines and recommendations.

## Content

- Energy expenditure and energy requirements
- Macro- and micronutrients, and dietary supplements
- Body composition and weight fluctuations
- Diet for endurance sports
- Diet and activity recording
- Project work

The project work includes analysis and evaluation of an active athlete's diet. An analysis is performed of the specific sport in terms of physiological, metabolic and nutritional requirements, and a summary is made of scientifically backed dietary recommendations for the specific sport.

## Type of Instruction

Teaching consists of lectures, individual studies, seminars and presentations.

## 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 two written assignments and three tests. In order to receive a grade of Pass, the course objectives must be attained. To be awarded a grade of Pass with Distinction for the entire course, it is required that the project work and the public discussion and examination are assessed as Pass with Distinction, and that the grade of Pass is obtained for the other examination assignments.

## 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.

## Required Reading and Additional Study Material

Burke Louice & Deakin Vicki (2015). *Clinical sports nutrition*. McGrawHill Medical, London, (848 p.). ISBN 9781743073681.

Scientific articles are also included (40-100 pages).