Linnæus University

Jnr: 2020/55-3.1.2.2

# Course syllabus

Faculty of Social Sciences
Department of Sport Science

## 4IV015 Idrottsnutrition, 7,5 högskolepoäng
## 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 by Faculty of Social Sciences 2020-02-05
The course syllabus is valid from autumn semester 2020

**Prerequisites**
180 credits in Dietetics/Nutrition, of which at least 7.5 credits in Physiology.

## Objectives

Upon completion of the course, students shall be able to:

- explain the relation between the roles of the energy systems and the dietary factors during exercise and competitions,
- describe the influence of dietary 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 nutritional status, dietary intake and nutritional requirements,
- 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, based on practical, educational and scientific aspects.

## Content

- Energy expenditure and substrate utilization
- Macro- and micronutrients, and dietary supplements for athletes
- Periodized nutrition in various phases of exercise
- Body composition and weight fluctuations
- Analysis of nutrient intake and requirements
- Nutrition related issues in sports
- Project work

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

## 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 of the course takes place by means of one written assignment in relation to the project 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 in the course, it is required that the project 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.

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 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 new 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 courses of which the content fully, or partly, corresponds to the content of this course: 4IM115 Sports Medicine with Emphasis on Sports Nutrition, 7.5 credits

## Required Reading and Additional Study Material

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

Scientific articles also included (40-100 pages).