



# UNIVERSITY OF NICOSIA

## ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

<b>Course Code</b>	<b>Course Title</b>	<b>ECTS Credits</b>
NUTR-315	Sports and Exercise Nutrition	6
<b>Department</b>	<b>Semester</b>	<b>Pre-requisites</b>
Life and Health Sciences	Spring	NUTR 255
<b>Type of Course</b>	<b>Field</b>	<b>Language of Instruction</b>
Core requirement	Nutrition	English
<b>Level of Course</b>	<b>Year of Study</b>	<b>Lecturer</b>
1 <sup>st</sup> cycle	Fourth	Dimitrios Papandreou
<b>Mode of Delivery</b>	<b>Work Placement</b>	<b>Co-requisites</b>
face-to-face	N/A	None

Objectives of the Course:

The main Objectives of the Course are to:

- Teach the students about energy metabolism during exercise.
- Teach the students the role of macronutrients and vitamins during exercise
- Teach the students how to assess athletes' diet
- Inform the students the importance of water and other fluids during exercise.
- Inform the students about nutritional supplements and ergogenic aids

**Learning Outcomes:**

After completion of the course students are expected to be able to:

1. Recognise special physiological demands of various levels of physical activity
2. Determine energy needs for specific types of physical activity
3. Analyse fluid intake required for various levels and types of physical activity

4. Understand the nutritional requirements for physical activity
5. Plan diets for achievement of optimum and peak performance

Course Contents:

1. Introduction to Nutrition for Health, Fitness & Sport Performance
2. Energy metabolism and stores fuel use during exercise
3. Energy nutrients: role during exercise (CHO, protein, fats)
4. Energy nutrients: role during exercise (micronutrients, antioxidants)
5. Maintaining energy balance
6. Training diet requirement : Assessment and diet planning
7. Fluids/Dehydration
8. Nutritional education/Food labels
9. Body weight, Composition and maintenance for Health and Sport
10. Gaining/Loosing weight, Eating Disorders, Female triad
11. Information on fad diets, ergogenic aids and supplements
12. Special needs: vegan, iron deficiency, anemia, pregnancy

Teaching Methods:

Lectures, Tutorials, Practical Exercises and Assignments.

Required Textbooks:

Authors	Title	Publisher	Year	ISBN
M.H. Williams	<b>Nutrition for Health, Fitness and Sport</b>	McGraw-Hill Science, 8 <sup>th</sup> ed.	2006	007327058X
W.D. MC Ardle, F.I. Katch, V.L. Katch	<b>Exercise Physiology: Energy, Nutrition and Human Performance</b>	Lippincott W. & Wilkins, 6 <sup>th</sup> ed.	2006	0781749905

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
J.A. Driskell, I. Wolinsky	<b>Macroelements, Water and Electrolytes in</b>	CRC	1999	0849381967

L.Burke, V.Deakin	<b>Sports Nutrition</b>  <b>Clinical Sports Nutrition</b>	McGraw-Hill Book Company Aystralia, 3 <sup>rd</sup> ed.	2006	0074716026
American College of Sports Medicine	<b>ACSM's Guidelines for Exercise Testing and Prescription</b>	Lippinkott W. &Wilkins, 7 <sup>th</sup> ed.	2005	0781745063