COURSE OUTLINE NUTRITION AND SPORTS PERFORMANCE

1. GENERAL

SCHOOL	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY			
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE			
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level			
COURSE CODE	C067	SEMESTER 7 th & 8 th		
COURSE TITLE	NUTRITION A	UTRITION AND SPORTS PERFORMANCE		
TEACHING ACTIVITIES If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.		TEACHING HOURS PER WEEK	ECTS CREDITS	
			2	3
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4		unization oj		
COURSE TYPE Background, General Knowledge, Scientific Area, Skill Development	SCIENTIFIC AREA/ SKILL DEVELOPMENT			
PREREQUISITES:	NO			
TEACHING & EXAMINATION LANGUAGE:	GREEK			
COURSE OFFERED TO ERASMUS STUDENTS:	NO			
COURSE URL:				

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

After successfully completing the course, participants will be able to:

- Understand the importance of nutrition in athletic performance.
- Understand the specifics of dietary supplements.
- Understand the need for proper nutrition across the entire age spectrum of athletes.

• Understand the nutritional methods for improving athletes' performance.

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information,	Project design and management
ICT Use	Equity and Inclusion
Adaptation to new situations	Respect for the natural environment
Decision making	Sustainability
Autonomous work	Demonstration of social, professional and moral responsibility
Teamwork	and sensitivity to gender issues
Working in an international environment	Critical thinking
Working in an interdisciplinary environment	Promoting free, creative and inductive reasoning
Production of new research ideas	

- Search, analysis and synthesis of data and information, ICT Use
- Adaptation to new situations
- Decision making
- Working in an interdisciplinary environment

- Production of new research ideas
- Project design and management
- Equity and Inclusion
- Demonstration of social, professional and moral responsibility and sensitivity to gender issues
- Critical thinking
- Project design and management
- Respect to the natural environment
- Promoting free, creative and inductive reasoning

3. COURSE CONTENT

- 1. Introduction to Nutrition and Sports/Professional Athletics
- 2. Carbohydrates Metabolism and Athletic Performance
- 3. Fats Metabolism and Athletic Performance
- 4. Proteins Metabolism and Athletic Performance
- 5. Vitamins, Minerals, Trace Elements, and Athletic Performance
- 6. Water, Body Composition, and Athletic Performance
- 7. Nutrition and Athletic Performance in Developmental Ages
- 8. Nutrition and Athletic Performance in Older Adults
- 9. Weight Management in Sports/Professional Athletics
- 10. Dietary Supplements
- 11. Nutrition and Fatigue Delay
- 12. Training and Nutritional Planning and Periodization
- 13. Special Nutrition Topics in Sports/Professional Athletics

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD Face to face, Distance learning, etc.	Face to face		
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) Use of ICT in Teaching, in Laboratory Education, in Communication with students	Use of ICT in Teaching, in Laboratory Education and in Communications with Students: Digital slides Videos MsTeams/ e-class, webmail 		
TEACHING ORGANIZATION	Activity	Workload/semester	
The ways and methods of teaching are	Lectures	26	
Lectures, Seminars, Laboratory Exercise, Field	Homework	23	
Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning,	Bibliographic research & analysis	24	
Study visits, Study / creation, project, creation, project. Etc.	Exams	2	
The supervised and unsupervised workload per			
activity is indicated here, so that total			
standards.	Total	75	
STUDENT EVALUATION Description of the evaluation process	Homework (compulsory) 20%		
Assassment Language Assassment Methods	Middle written exams 20%		
Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development	Final written exams 60%		

Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report,Clinical examination of a patient,Artistic interpretation, Other/Others
Please indicate all relevant information about the course assessment and how students are informed

5. SUGGESTED BIBLIOGRAPHY

1. . JeukendrupA., GleesonM. (2022) Αθλητική Διατροφή, Εκδόσεις Κωνσταντάρας, Αθήνα

2. MaughanJ.R., LouiseB.M. (2006) Αθλητική Διατροφή, Ιατρικές Εκδόσεις Πασχαλίδη, Αθήνα

3. McArdle W.D., Katch F.I., Katch V.L. (2008). Sports and Exercise Nutrition, 5th edtion, ,

Philadelprhia: Lipippincott Williams & Wilkin, ΙατρικέςΕκδόσειςΒασιλειάδης

4. Rawson E.S., Branch J.D., Stephenson T.J. (2024) Williams'

ΔΙΑΤΡΟΦΗΓΙΑΤΗΝΥΓΕΙΑΚΑΙΤΟΝΑΘΛΗΤΙΣΜΟ. Εκδόσεις Κωνσταντάρας, Αθήνα

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Laparidis Konstantinos
Contact details:	lapco@phyed.duth.gr
Supervisors:	yes
Evaluation methods:	Written middle exams (30%). Final written exams (70%)
Implementation Instructions:	The homework must be submitted via e-Class on the specified date.