COURSE OUTLINE

(1) GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCE		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	AB-401EY	**SEMESTER**	Winter and Spring
COURSE TITLE	**Nutrition: Sport Performance and Health**		

TEACHING ACTIVITIES	**TEACHING HOURS PER WEEK**	**ECTS**
Lectures	3	6

COURSE TYPE	Elective - Optional compulsory for the specialization "Exercise, Fitness and Health"
PREREQUISITE COURSES:	Exercise Physiology
TEACHING AND EXAMS LANGUAGE:	Greek
OFFERED TO ERASMUS STUDENTS	Yes
WEBPAGE (URL)	https://eclass.uoa.gr/courses/PHED391/

(2) LEARNING OUTCOMES

Learning outcomes

Upon successful completion of the course, the student will be able to:

- Distinguish the categories of nutrients in terms of their biological role and food sources.
- Describe nutrient metabolism at rest and during exercise with emphasis on energy metabolism.
- Describe general and athletic energy and nutrient requirements and the principles of a healthy diet.
- Describe the role of sports supplements in athletic performance and health.
- Recognize how body weight and body composition are regulated and the role of nutrition and exercise in the prevention and management of obesity.
- Evaluate published original research papers related to sports nutrition.

General skills

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- Search, analysis, and synthesis of data and information, using the necessary technologies.
- Critical thinking.
- Generation of new research ideas.
- Promote free, creative, and inductive thinking.
- Respect for the natural environment and sustainability.