



Universidad
de Navarra

Advanced nutrition in sport and exercise (EMENU)

Guía docente 2024-25

PRESENTATION

Brief description: In this subject, students will learn about the latest advances in Nutrition in the area of Physical Activity, paying special attention to different topics such as: carbohydrates, proteins, fats, injury recovery, ergogenic aids, social networks, hydration, balance energy and energy expenditure, hypoxia and perhaps others.

- **Qualification:** European University Master's Degree in Food, Nutrition and Metabolism
- **Module/Subject:** Module III: New trends in food and nutrition / Optional training
- **ECTS:** 3
- **Course, semester:** first year, first semester
- **Character:** Optional
- **Lecturer/s:** Dr Christopher Curtis (ccurtis@unav.es)
- **Language:** English
- **Classroom, Schedule:** Classroom: Aula 3 Los Castanos Building, 16:00 - 18:30; November 13th - 22nd 2023
- **Evaluation:** Classroom: Aula 3 Los Castanos Building, 15.00 - 17.00; November 28th 2023

COMPETENCIES

CB6 - Possess and understand knowledge that provides a basis or opportunity to be original in the development and/or application of ideas, often in a research context

CB7 - That students know how to apply the knowledge acquired and their ability to solve problems in new or little-known environments within broader (or multidisciplinary) contexts related to their area of study

CB8 - That students are able to integrate knowledge and face the complexity of formulating judgments based on information that, being incomplete or limited, includes reflections on the social and ethical responsibilities linked to the application of their knowledge and judgments

CB9 - That students know how to communicate their conclusions and the knowledge and ultimate reasons that support them to specialized and non-specialized audiences in a clear and unambiguous way

CB10 - That students possess the learning skills that allow them to continue studying in a way that will be largely self-directed or autonomous

General competencies:

CG1 - Prepare written compositions or motivated arguments adequately and with some originality, write plans, work projects or scientific articles or formulate reasonable hypotheses

CG2 - Publicly present ideas, procedures or research reports, transmit emotions or advise people and organizations

CG3 - Skillfully carry out oral and written presentations in various professional fields (specialized, teaching and informative) and in both Spanish and English.



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CG4 - Select specialized scientific bibliography with critical judgment

PROGRAM

- Workshop on Energy Expenditure
- Carbohydrate in Sport & Exercise Nutrition
- Fat in Sport & Exercise Nutrition
- Protein in Sport & Exercise Nutrition
- The role of social media in Sport & Exercise Nutrition
- Energy Balance in Exercising Populations
- Low-Energy Availability in Exercising Populations
- Hydration in Sport & Exercise Nutrition
- Drink-to-Thirst Theories
- Nutrition for Specialist Populations
- Nutrition & Injury Recovery
- Ergogenic Aids in Sport & Exercise Nutrition
- Hypoxia & the benefits to exercise performance

EDUCATIONAL ACTIVITIES

This is a 3 ECTS (75 h) subject. The work is distributed as follows:

- Theoretical classes: **9 hours** (0.36 ECTS)
- Seminars: **5 hours** (0.20 ECTS)
- Workshops: **2 hours** (0.08 ECTS)
- Evaluation: **2 hours** (0.08 ECTS)
- Individual work: **57 hours** (2.28 ECTS)

ASSESSMENT

ORDINARY CALL:

General Description:

Students will be asked to design x2 media/resources for use within applied practice in sport and exercise nutrition. Examples of resources may include (but are not limited to): infographics, posters, brochures, and podcasts. Students should try to make them as professional as possible, supported with appropriate research/literature with key messages, be educational and have the ability to influence the behaviours of the athletes/clients.

Learning Outcomes:

1. Critically discuss the role of nutrition in optimizing sports performance, including recovery from competition and training.
2. Provide students with the ability to critically evaluate current research literature in sport and exercise nutrition, and the potential role of nutritional ergogenic aids.
3. Develop evidence-based dietary strategies to achieve athletes' nutritional goals while appreciating athlete/lifestyle demands
4. Critically evaluate research on the use of nutrition and (where applicable) ergogenic aids for specific sport and exercise performance, complement safety and anti-doping practices, and formulate appropriate advice on their use.



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Due date: to be submitted (via ADI) by 23:59 on 27th November 2023, presented to the panel on 28th November 2023

EXTRAORDINARY CALL:

The evaluation will be similar to the ordinary call.

OFFICE HOURS

Dr Christopher Curtis (ccurtis@unav.es)

- Room 2350, Research building, Second floor
- Office hours: please make an appointment by email

BIBLIOGRAPHY

It will be provided by the teacher in the different sessions.