האוניברסיטה העברית בירושלים
THE HEBREW UNIVERSITY OF JERUSALEM

The Hebrew University of Jerusalem

Syllabus

NUTRITION IN EXERCISE AND SPORT - 65223

Last update 30-10-2016

HU Credits: *2*

Degree/Cycle: *1st degree (Bachelor)*

Responsible Department: *nutrition sciences*

Academic year: *0*

Semester: *1st Semester*

Teaching Languages: *Hebrew*

Campus: *Rehovot*

Course/Module Coordinator: *YAIR LAHAV*

Coordinator Email: *yairlah1@inter.net.il*

Coordinator Office Hours:

Teaching Staff:

Mr.

Course/Module description:

The purpose of the course is to provide knowledge and understanding in the field of nutrition and exercise, in training amateurs and competitive. The course deals with the metabolism of carbohydrates, proteins and fats in physical training and recovery, fluids and minerals in physical effort. Body composition and the importance of various sports. The course also discusses the supplements that are used by athletes, the molecular mechanisms relating to how they act and their impact on athlete

Course/Module aims:

The purpose of the course is to provide knowledge and understanding in the field of nutrition and exercise, in training amateurs and competitive

Learning outcomes - On successful completion of this module, students should be able to:

By the end of the course, students will have gained fundamental understanding of exercise physiology and sport nutrition. In addition, students will understand the importance of nutrition as a tool that helps improve physical performance and the scientific basis for practical recommendations for different athlete.

Attendance requirements(%):

80%

Teaching arrangement and method of instruction: Lectures, Practical workshop on the subject of body composition

Course/Module Content:

Subject and content:

Required Reading:

ACSM &ACADEMY OF NUTRITION AND DIETETICS DIETITIANS OF CANADA. Medicine & Science in Sports & Exercise. position statement: Nutrition and Athletic Performance. 2016;3:543-549

Additional Reading Material:

1- Jeukendrup A, Gleeson M. Sport nutrition - 2nd Edition Human Kinetics 2009.

2- McArdle WD, Katch F, Katch V. exercise physiology nutrition energy and human performance. 8th edition Wolters Kluwer 2014.
3- Burke L, Deakin V. Clinical sports nutrition 5th edition McGraw-Hill Education 2015.
4- Clark's N. Sport nutrition guidebook - 5th Edition Human Kinetics 2013.
5- ACSM &ACADEMY OF NUTRITION AND DIETETICS DIETITIANS OF CANADA. Medicine & Science in Sports & Exercise. position statement: Nutrition and Athletic Performance. 2016;3:543-549.

Course/Module evaluation:
End of year written/oral examination 100 %
Presentation 0 %
Participation in Tutorials 0 %
Project work 0 %
Assignments 0 %
Reports 0 %
Research project 0 %
Quizzes 0 %
Other 0 %

Additional information: