

## COURSE OF STUDY Attività Motorie e Sportive

### ACADEMIC YEAR 2023/2024

### ACADEMIC SUBJECT Nutrition applied to sport

| General information                          |               |
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| Year of the course                           | II year       |
| Academic calendar (starting and ending date) | I term        |
| Credits (CFU/ETCS):                          | 1             |
| SSD  | MED/13        |
| Language                                     | Italian       |
| Mode of attendance                           | Not mandatory |

| Professor/ Lecturer  |  |
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| Virtual room   | Gmeet  |
| Office Hours (and modalities:<br>e.g., by appointment, on line,<br>etc.) | Tuesday, Thursday, Friday from 15 to 17  |

| Work schedule |          |   |   |
|---------------|----------|---|---|
| Hours         |          |   |   |
| Total         | Lectures | Hands-on (laboratory, workshops, working groups, seminars, field trips) | Out-of-class study hours/<br>Self-study hours |
| 25            | 10       |   | 15  |
| CFU/ETCS      |          |   |   |
| 1             | 1        |   |   |

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| <b>Learning Objectives</b> | The student must know and know how to apply the following items, main teaching objectives: <ul style="list-style-type: none"> <li>• Nutrition and well-being</li> <li>• Nutrition for sports</li> <li>• Indications for particular subjects</li> <li>• Nutritional evaluation and principles of dietology</li> </ul> |
| Course prerequisites       | The student will have to know the basics of anatomo-physiology, biology, biochemistry  |

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| <b>Teaching strategie</b>                     | Lectures   |
| <b>Expected learning outcomes in terms of</b> | The student will acquire knowledge on the characteristics of food, the correct distribution of nutrients in the daily diet during training and competition, the nutrients to be ingested in the pre-race and recovery phase, on the main substances used as supplements and their mechanism of action. |



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| <b>Knowledge and understanding on:</b>          | <ul style="list-style-type: none"> <li>○ general concepts of nutrition and metabolic adaptation of the organism to nutrients</li> </ul>  |
| <b>Applying knowledge and understanding on:</b> | <ul style="list-style-type: none"> <li>○ general concepts of nutrition and metabolic adaptation of the organism to nutrients</li> </ul>  |
| <b>Soft skills</b>                              | <ul style="list-style-type: none"> <li>• Food Knowledge Assessment: Students will learn the details of foods, including their energy content and nutritional properties.</li> <li>• Evaluation of food distribution: Distribution of nutrients: The optimal distribution of nutrients in the daily diet, especially during training and sports competitions, will be discussed.</li> <li>• Nutrition assessment before and after the race: Students will learn which nutrients are essential both before and after a race.</li> <li>• Evaluation of supplements and an action plan: The main supplements used by athletes and how they affect their performance will be examined.</li> </ul> |
| <b>Syllabus</b>                                 |  |
| <b>Content knowledge</b>                        | <p>Provide basic knowledge elements:</p> <ul style="list-style-type: none"> <li>• of nutrients (carbohydrates, fats, proteins, micronutrients, water), of nutrition in conditions of physical well-being, of the concept of diet</li> <li>• body composition and assessment methods</li> <li>• of obesity and sarcopenia</li> <li>• methods of evaluating energy expenditure</li> <li>• nutrition in the field of sports</li> <li>• nutrition in sports in pathological conditions               <ul style="list-style-type: none"> <li>• diabetes mellitus</li> </ul> </li> <li>• Principles of Dietology</li> </ul>  |
| <b>Texts and readings</b>                       | L'alimentazione per lo sportivo – Giacinto Miggiano  |
| <b>Notes, additional materials</b>              |  |
| <b>Repository</b>                               | <p><a href="#">Nutrizione applicata allo sport - SAMS * Cignarelli   General   Microsoft Teams</a></p> <p><a href="https://teams.microsoft.com/l/channel/19%3AN7h8Qcr_iqbJO3lISoQmiLsSI43rIjkq3PYvsdvXD51%40thread.tacv2/General?groupId=81054d48-1e65-4e73-9a4a-0a66969c5498&amp;tenantId=">https://teams.microsoft.com/l/channel/19%3AN7h8Qcr_iqbJO3lISoQmiLsSI43rIjkq3PYvsdvXD51%40thread.tacv2/General?groupId=81054d48-1e65-4e73-9a4a-0a66969c5498&amp;tenantId=</a></p>  |

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| <b>Assessment</b>                      |   |
| <b>Assessment methods</b>              | Collegial oral examination on the official dates of the course.   |
| <b>Assessment criteria</b>             | <p>The assessment will be based on:</p> <ul style="list-style-type: none"> <li>- analysis of the question</li> <li>- ability to summarise the main content elements required from the question</li> <li>- appropriateness of the exhibition</li> <li>- use of terminology specific to the discipline</li> <li>- interdisciplinary approach to the issue formulated</li> </ul>   |
| <b>Final exam and grading criteria</b> | <p>The student must demonstrate knowledge of the topics under study and have understood the issues related to them, as well as to have reached a level of knowledge to develop independently interpretative arguments</p> <p>1) Failure to pass the test: insufficient knowledge of the course contents, insufficient evaluation and reasoning skills, lack of basic knowledge.</p> <p>2) 18 to 21: sufficient or barely sufficient preparation; minimum knowledge of the</p> |



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|                            | <p>institutions and of the problems tackled during the course; presence of minor gaps;<br/>3) 22 to 24: average preparation characterized by no particular deepening and by gaps that can be filled in the continuation of the overall training;<br/>4) 25 to 27: generally good preparation even if not particularly thorough; technical language and adequate expressive ability;<br/>5) 28 to 30: excellent or excellent preparation; precise and precise technical language and expressive ability;<br/>6) 30 e lode: preparation, technical language, expressive and argumentative skills of the highest level</p> |
| <b>Further information</b> |   |
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