

Faculty of Medicine



EDPH2191 Nutrition in physical and sports activities

[15h] 1.5 credits

Teacher(s): Michel Hermans
Language: French
Level: Second cycle

Aims

The course aims at giving to the student general bases as regards nutrition and of specific knowledge as regards dietetics of the sportsman.

Main themes

The course includes/understands two parts: 1) bases of the nutrition at the man concerning the regulation of the weight (thin and fatty), food energetics (taken, storage, management), analysis of the requirements in micronutriments (vitamins, ions...), hydrous balance and regulation of the appetite. 2) the adaptation of the nutrition in the sporting man, nutritional balance with the effort and the specific ergogéniques. assistances for the performance (marathon, cycle race with stages...).

Content and teaching methods

The program aims at providing students with some basic nutrition knowledge as well as covering more specific topics related to sports and exercise nutrition. The courses include a 1st part devoted to acquiring the fundamentals of nutrition (macronutrients, micronutrients, water balance) and a 2nd part covering the nutritional requirements during sports and exercise, such as food and beverage intakes prior to, during and after exercising, ergogenic aids, optimizing performance and substrate oxidation (including lipids), as well as introducing the student to certain frequent pathological states (athletic triad, amenorrhea and stress fractures, diabetes mellitus).

Other credits in programs

EDPH21	Première licence en éducation physique	(1.5 credits)	Mandatory
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