Course title	**Nutrition And Physical Activity**				
Course code	**NUTR107**				
Course type	**Lectures**				
Level	**Diploma**				
Year / Semester	**1st Year / 1st Semester**				
Teacher's name	**Constantinou Christos**				
ECTS	6	**Lectures / week**	3	**Laboratories / week**	
Course purpose and objectives	The purpose of the course is for students to understand the importance of nutrition in health and performance. The course also focuses on equipping students with the basic knowledge of the nutritional needs of an athlete or a trainee and to understand how these needs differ based on the selected training method and level of exercise.				
Learning outcomes	Upon the completion of the course, the students are expected to: **Knowledge** 1. **Know** the categories of nutrients and why they are necessary for humans 2. **Know** the rules and basic principles of nutrition 3. **Understand** the process of digestion, absorption and energy production through food 4. **Know** the nutritional needs of trainees depending on the type of exercise and the intensity of their training. 5. **Understand** basic information about health supplements 6. **Mention** any side effects and risks as they relate to the consumption of vitamins and supplements **Skills** 7. **Link** nutrition, training and nutritional supplements for performance with the needs of exercise and the specific characteristics of the trainees **Competences** 8. **Reflect** on how the knowledge gained in this course might relate to their profession				
Prerequisites		**Required**			
Course content	• The importance and basics of sports nutrition • Carbohydrates, fats, proteins: what they are and how they are used in sports nutrition • Vitamins, minerals, fluids and electrolytes: what they are and how they are used in sports nutrition				

	• Energy balance: Caloric intake and caloric expenditure - ways to calculate calories • Nutrition for weight management (increase in muscle mass – decrease in fat) • Nutrition for individual sports teams • Nutritional requirements during training • Nutrition before and after training • Tips to improve performance • Supplements Proteins Hydrocarbons Metallic elements Rehabilitation • Side effects and risks from vitamin and supplement consumption • Nutritional Supplements and the Scientific Community • Doping and ethics
Teaching methodology	The content of the course is taught through lectures with the help of a computer, video projector, electronic presentations and multimedia and the use of a whiteboard. Active student participation is ensured through guided discussions.
Bibliography	**Ελληνική Βιβλιογραφία** • Τσιλιμιγκάκης, Μιχάλης Χ. (2012), *Αθλητισμός και διατροφή: Φαρμακοδιέγερση, συμπληρώματα [Sports and nutrition:Drug stimulation, supplements],* Τσιλιμιγκάκης Μιχάλης Χρ., ISBN 978-960-93-4179-0. • Γουίλιαμς Χ. Μ. (2014), *Διατροφή: Υγεία. Ευρωστία και αθλητική απόδοση [Nutrition: Health: Agility and athletic performance]*, Π.Χ Πασχαλίδης, ISBN 9789603991359 • Χασαπίδου, Μ. (2008). *Διατροφή για υγεία, άσκηση και αθλητισμό [Nutrition for health, exercise and sports]*, Universitystudiopress, ISBN: 978-960-12-1130-5. • Σκόλιας, Γ. (2002). *Άσκηση και διατροφή [Exercise and nutrition]*, Gymnastika, ISBN 960-87283-0-4. **Αγγλική Βιβλιογραφία** • Jose, A. (2008). *Essentials of Sports Nutrition and Supplements*, Humana Press ISBN: 978-1588296115 • Webb, G. (2002). *Weight Control : Through Diet & Exercise*. Hodder & Stoughton Ltd. ISBN: 0-340-71219-8 • Webb, G. (2020). *Nutrition : Maintaining and Improving Health*. CRC Press. ISBN: 978-0-8153-6241-8
Assessment	• Attendance and class participation: 10% • Intermediary written examination: 40% • Final written examination: 50%
Language	Greek or English