

SHORT-TERM STUDY ABROAD

Nutrition and Food in Physical Activity and Sports

- **Campus/building.** Villafranca and Almagro
- **Type of course.** In-person
- **Duration.** 2 weeks



STUDIES
Short-Term
Study Abroad



LANGUAGE
English



DURATION
2 weeks



DATE
June-July



TYPE OF COURSE
In-person



HOURS
80 hours

During this course, students will receive comprehensive knowledge regarding nutritional strategies to improve physical performance.

They will gain skills to assess the nutritional status of the athlete, analyse energy balance and body composition, understand the main nutritional supplements and ergogenic aids, discuss nutritional strategies associated with weight loss and control, and develop nutritional strategies according to the type of sport.

This course is for those interested in growing their knowledge in sports and performance.



Overview

- 80-hour programme taught over two weeks.
- Complementary Spanish language classes taught by highly qualified native teachers.
- Active methodologies combining masterclasses, workshops and industry visits.
- Cultural activities and visits (museums, excursions to other cities, etc.).
- All class material costs and room + board (three meals a day) included in tuition.
- MediaLab workshops to document student progress via audiovisuals.
- A maximum of 14 students per class.
- Certificate awarded from University Camilo José Cela.

Accommodation

Students will live at UCJC's halls of residence located at the university's main campus in Villafranca, Madrid, Spain.

Accommodation included in price: Yes.

Dates

June/July (please enquire if you would like other dates).

About us

UCJC is one of the youngest and fastest-growing universities in Spain and Europe. Founded in 2000, UCJC is part of SEK Education Group, whose proven track record in teaching excellence stretches back over 125 years. As a young university, UCJC is forward-looking and uniquely placed to bridge the gap between traditional and modern times, through a liberal arts and applied sciences approach to higher education.

The university has four different schools: Communications and Humanities, Education, Health, and Technology and Science, offering a range of Spanish and European official undergraduate and graduate programmes.

Contents

Module 1: Nutritional status of the athlete

Physical exercise leads the athlete to maintain an unstable balance between dietary intake, energy expenditure and the additional demands of a high amount of physical effort. An appropriate assessment of nutritional status is key to optimise performance and health.

Module 2: Strategies for the analysis of energy balance and body composition

Optimal nutritional counselling based on athlete needs are essential. There are objective measurements and scientific evidence to assess energy requirements of different sports by different procedures. Dietary assessment should include information about food consumption, nutrient intake and adequate hydration.

Module 3: Main nutritional supplements and ergogenic aids associated with improving sports performance

Supplementations and ergogenic aids have shown to be essential in athlete performance. Adaptation depending on the situation is a must in performance.

Module 4: Nutritional strategies associated with weight loss and control

Weight control is very important in achieving performance goals. In this module we teach students the main strategies to control, prevent and treat weight issues depending on each sport.

Module 5: Nutritional strategies according to type of sport

Endurance and strength sports have specified demands, and controlling them are necessary to enhance performance. We review the main strategies and how to decide to use them.

MORE INFORMATION

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