

1. BASIC INFORMATION

Course	Module 5: Sports nutrition II. Planning and control of diets and nutrition in team and individual sports
Degree program	Master's Degree in Sports Training and Nutrition
School	Escuela Universitaria Real Madrid – Universidad Europea / Faculty of Medicine, Health and Sports
Year	Second
ECTS	6
Credit type	Compulsory
Language(s)	English
Delivery mode	Face
Semester	Annual
Academic year	2025-2026
Coordinating professor	Mr. Guillermo Muñoz Andradás / Mrs. Krizia Radesca Fabiano / Mrs. Rebeca Benítez Valero / Mr. Martín Alejandro Festino

2. PRESENTATION

The module 'Sports Nutrition II. Planning and control of diets and nutrition in team and individual sports' aims to train the student to design, substantiate, analyze and prescribe dietary advice in active subjects or athletes of different ages, levels of performance or sports specialties.

The qualification of this module is composed of practices in the laboratory, group work, oral presentations and test type exam.

3. COMPETENCIES AND LEARNING OUTCOMES

Core competencies:

- CB2. That students know how to apply the knowledge acquired and their ability to solve in new or little-known environments within broader (or multidisciplinary) contexts related to their area of study.
- CB4. That students know how to communicate their conclusions – and the knowledge and ultimate reasons that support them – to specialized and non-specialized audiences in a clear and unambiguous way.

Cross-curricular competencies:

- CT2. Strategic communication. Transmit messages (ideas, concepts, feelings, arguments), both orally and in writing, strategically aligning the interests of the different agents involved in communication.
- CT5. Teamwork. Cooperate with others in achieving a shared goal, participating actively, empathically and exercising active listening and respect for all members.

- CT7. Resilience. Adapt to adverse, unexpected situations that cause stress, whether personal or professional, overcoming them and even turning them into opportunities for positive change.

Specific competencies:

- CE4. Interpret research and apply new technologies in the field of training and sports nutrition.
- CE5. Manage and discriminate the methodology and procedures of scientific research in the field of training and sports nutrition applied to all ages and levels of performance.
- CE7. Lead research and development projects with the rest of the scientific community in a cooperative and multidisciplinary way.

Learning outcomes:

- RA1: Carry out a planning and organization of the athlete's diet according to their specific needs of maintenance, loss, weight gain or as an adjuvant in the improvement of a disease process of cardio-metabolic origin.

The following table shows the relationship between the competencies developed during the course and the learning outcomes pursued:

Competencies	Learning outcomes
CB1, CB3, CT4, CT6, CT8, EC3, EC4, EC5, EC9	RA1

4. CONTENT

- Nutritional interview and caloric expenditure
- Body composition analysis
- Theoretical and practical planning of carbohydrate, protein, and fat intake in athletes

5. TEACHING-LEARNING METHODOLOGIES

The types of teaching-learning methodologies used are indicated below:

- Master class.
- Case method.
- Project-based learning.
- Learning based on workshop teachings.
- Reverse learning.
- Simulation environments.

6. LEARNING ACTIVITIES

Listed below are the types of learning activities and the number of hours the student will spend on each one:

Campus-based mode:

Learning activity	Number of hours
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Master classes (face-to-face modality)	30
Case analysis (face-to-face modality)	10
Oral presentations of works (face-to-face modality)	2
Preparation of reports and writings (face-to-face modality)	16
Design of strategies and intervention plans (face-to-face modality)	14
Self-employment (face-to-face modality)	50
Debates and colloquiums (face-to-face modality)	8
Tutoring (face-to-face modality)	18
Knowledge tests (face-to-face modality)	2
TOTAL	150

7. ASSESSMENT

Listed below are the assessment systems used and the weight each one carries towards the final course grade:

Campus-based mode:

Assessment system	Weight
Face-to-face knowledge tests (face-to-face modality)	60-60%
Oral presentations (face-to-face modality)	5-10%
Reports and writings (face-to-face modality)	5-20%
Case/problem (face-to-face mode)	5-15%
Work of design of strategies and intervention plans (face-to-face modality)	5-15%

When you access the course on the *Campus Virtual*, you'll find a description of the assessment activities you must complete, as well as the delivery deadline and assessment procedure for each one.

7.1. First exam period

To pass the course in the first exam period, you must obtain a final course grade of at least 5 out of 10 (weighted average).

7.2. Second exam period

To pass the course in the second exam period, you must obtain a final grade of at least 5 out of 10 (weighted average).

The student must deliver the activities not successfully completed in the first exam period after having received the corresponding corrections from the professor, or those that were not delivered in the first place.

8. SCHEDULE

This table shows the delivery deadline for each assessable activity in the course:

Assessable activities	Deadline
Face-to-face knowledge tests	February-July
Oral presentations	March-May
Reports and writings	March-May
Case/problem	March-May
Work of design of strategies and intervention plans	March-May

This schedule may be subject to changes for logistical reasons relating to the activities. The student will be notified of any changes as and when appropriate.

9. BIBLIOGRAPHY

The bibliographic search is part of the autonomous work of the student on the theme of the seminar. The teacher will be able to guide the student in this search.

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10. EDUCATIONAL GUIDANCE AND DIVERSITY UNIT

From the Educational Guidance and Diversity Unit we offer support to our students throughout their university life to help them reach their academic achievements. Other main actions are the students' inclusions with specific educational needs, universal accessibility on the different campuses of the university and equal opportunities.

From this unit we offer to our students:

1. Accompaniment and follow-up by mean of counselling and personalized plans for students who need to improve their academic performance.
2. In terms of attention to diversity, non-significant curricular adjustments are made in terms of methodology and assessment for those students with specific educational needs, pursuing an equal opportunity for all students.
3. We offer students different extracurricular resources to develop different competences that will encourage their personal and professional development.
4. Vocational guidance through the provision of tools and counselling to students with vocational doubts or who believe they have made a mistake in their choice of degree.

Students in need of educational support can write to us at:

orientacioneducativa@universidadeuropea.es

11. ONLINE SURVEYS

Your opinion matters!

The Universidad Europea encourages you to participate in several surveys which help identify the strengths and areas we need to improve regarding professors, degree programs and the teaching-learning process.

The surveys will be made available in the “surveys” section in virtual campus or via e-mail.

Your assessment is necessary for us to improve.

Thank you very much for your participation.