

1. DATOS BÁSICOS

Asignatura	Módulo 5: Nutrición Deportiva II. Planificación y control de dietas y nutrición en deportes de equipo e individuales.
Titulación	Máster Universitario en Entrenamiento y Nutrición Deportiva
Escuela/ Facultad	Facultad de Medicina, Salud y Deportes / Escuela Universitaria Real Madrid – Universidad Europea
Curso	Primero
ECTS	6
Carácter	Obligatoria
Idioma/s	Castellano e inglés
Modalidad	Presencial
Semestre	Anual
Curso académico	2025 / 2026
Docente coordinador	D. Guillermo Muñoz Andradás / D ^a . Krizia Radesca Fabiano / D. Martín Alejandro Festino / D ^a . Rebeca Benítez Valero

2. PRESENTACIÓN

El módulo “ Nutrición deportiva II. Planificación y control de dietas y nutrición en deportes de equipo e individuales” tiene como objetivo capacitar al alumno para diseñar, fundamentar, analizar y prescribir consejos dietéticos en sujetos activos o deportistas de diferentes edades, niveles de rendimiento o especialidades deportivas.

La calificación de este módulo está compuesta por prácticas en el laboratorio, trabajo en grupo exposiciones orales y examen tipo test.

3. COMPETENCIAS Y RESULTADOS DE APRENDIZAJE

Competencias básicas:

- CB2. Que los estudiantes sepan aplicar los conocimientos adquiridos y su capacidad de resolución en entornos nuevos o poco conocidos dentro de contextos más amplios (o multidisciplinares) relacionados con su área de estudio.
- CB4. Que los estudiantes sepan comunicar sus conclusiones –y los conocimientos y razones últimas que las sustentan- a públicos especializados y no especializados de un modo claro y sin ambigüedades.

Competencias transversales:

- CT2. Comunicación estratégica. Transmitir mensajes (ideas, conceptos, sentimientos, argumentos), tanto de forma oral como escrita, alineando de manera estratégica los intereses de los distintos agentes implicados en la comunicación.
- CT5. Trabajo en equipo. Cooperar con otros en la consecución de un objetivo compartido, participando de manera activa, empática y ejerciendo la escucha activa y el respeto a todos los integrantes.

- CT7. Resiliencia. Adaptarse a situaciones adversas, inesperadas, que causen estrés, ya sean personales o profesionales, superándolas e incluso convirtiéndolas en oportunidades de cambio positivo.

Competencias específicas:

- CE4. Interpretar investigaciones y aplicar las nuevas tecnologías en el ámbito del entrenamiento y la nutrición deportiva.
- CE5. Manejar y discriminar la metodología y los procedimientos propios de la investigación científica en el ámbito del entrenamiento y la nutrición deportiva aplicados a todas las edades y niveles de rendimiento.
- CE7. Liderar proyectos de investigación y desarrollo con el resto de la comunidad científica de forma cooperativa y multidisciplinar.

Resultados de aprendizaje:

- RA1: Realizar una planificación y organización de la dieta del deportista en función de sus necesidades específicas de mantenimiento, pérdida, ganancia de peso o como coadyuvante en la mejora de un proceso de enfermedad de origen cardio-metabólico.

En la tabla inferior se muestra la relación entre las competencias que se desarrollan en la asignatura y los resultados de aprendizaje que se persiguen:

Competencias	Resultados de aprendizaje
CB1, CB3, CT4, CT6, CT8, CE3, CE4, CE5, CE9	RA1

4. CONTENIDOS

- Entrevista nutricional y gasto calórico
- Análisis de la composición corporal
- Planificación teórica y práctica de la ingesta de carbohidratos, proteínas y grasas en deportistas

5. METODOLOGÍAS DE ENSEÑANZA-APRENDIZAJE

A continuación, se indican los tipos de metodologías de enseñanza-aprendizaje que se aplicarán:

- Clase magistral.
- Método del caso.
- Aprendizaje basado en proyectos.
- Aprendizaje basado en enseñanzas de taller.
- Aprendizaje inverso.
- Entornos de simulación.

6. ACTIVIDADES FORMATIVAS

A continuación, se identifican los tipos de actividades formativas que se realizarán y la dedicación en horas del estudiante a cada una de ellas:

Modalidad presencial:

Actividad formativa	Número de horas
Clases Magistrales (modalidad presencial)	30

Análisis de casos (modalidad presencial)	10
Exposiciones orales de trabajos (modalidad presencial)	2
Elaboración de informes y escritos (modalidad presencial)	16
Diseño de estrategias y planes de intervención (modalidad presencial)	14
Trabajo autónomo (modalidad presencial)	50
Debates y coloquios (modalidad presencial)	8
Tutoría (modalidad presencial)	18
Pruebas de conocimiento (modalidad presencial)	2
TOTAL	150

7. EVALUACIÓN

A continuación, se relacionan los sistemas de evaluación, así como su peso sobre la calificación total de la asignatura:

Modalidad presencial:

Sistema de evaluación	Peso
Pruebas presenciales de conocimiento (modalidad presencial)	60-60%
Exposiciones orales (modalidad presencial)	5-10%
Informes y escritos (modalidad presencial)	5-20%
Caso/problema (modalidad presencial)	5-15%
Trabajo de diseño de estrategias y planes de intervención (modalidad presencial)	5-15%

En el Campus Virtual, cuando accedas a la asignatura, podrás consultar en detalle las actividades de evaluación que debes realizar, así como las fechas de entrega y los procedimientos de evaluación de cada una de ellas.

7.1. Convocatoria ordinaria

Para superar la asignatura en convocatoria ordinaria deberás obtener una calificación mayor o igual que 5,0 sobre 10,0 en la calificación final.

7.2. Convocatoria extraordinaria

Para superar la asignatura en convocatoria extraordinaria deberás obtener una calificación mayor o igual que 5,0 sobre 10,0 en la calificación final de la asignatura.

Se deben entregar las actividades no superadas en convocatoria ordinaria, tras haber recibido las correcciones correspondientes a las mismas por parte del docente, o bien aquellas que no fueron entregadas.

8. CRONOGRAMA

En este apartado se indica el cronograma con fechas de entrega de actividades evaluables de la asignatura:

Actividades evaluables	Fecha
Pruebas presenciales de conocimiento	Febrero-Julio
Exposiciones orales	Marzo-Mayo
Informes y escritos	Marzo-Mayo
Caso/problema	Marzo-Mayo

Este cronograma podrá sufrir modificaciones por razones logísticas de las actividades. Cualquier modificación será notificada al estudiante en tiempo y forma.

9. BIBLIOGRAFÍA

La búsqueda bibliográfica es parte del trabajo autónomo del alumno sobre la temática del seminario. El profesor podrá orientar al alumno en esta búsqueda.

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10. UNIDAD DE ORIENTACIÓN EDUCATIVA Y DIVERSIDAD

Desde la Unidad de Orientación Educativa y Diversidad (ODI) ofrecemos acompañamiento a nuestros estudiantes a lo largo de su vida universitaria para ayudarles a alcanzar sus logros académicos. Otros de los pilares de nuestra actuación son la inclusión del estudiante con necesidades específicas de apoyo educativo, la accesibilidad universal en los distintos campus de la universidad y la equiparación de oportunidades.

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Muchas gracias por tu participación.