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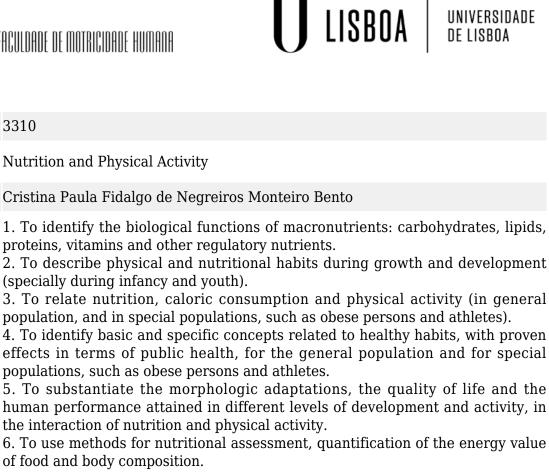
Unit

Regent

Learning

Outcomes

Curricular



Feeding and nutrition. Perspective of the different nutritional status in the world. Socio-cultural restrictions of human feeding. Guidelines for healthy feeding. Characterization of food groups. Nutrition and energy: quantification of energy value of food and total energy expenditure. Nutritional functions of macronutrients. Characterization and physiological action of regulatory nutrients: vitamins, minerals, fiber and water. Quantification of nutritional value **Syllabus** of food. Physiological processes of nutrition - digestion. Regulation of energy balance and body composition. Methods for assessing nutritional status. Specific nutritional requirements throughout lifespan. Characterization of main eating disorders. Macro and micro-nutrients specific needs of athletes: energy sources; protein needs; water and electrolyte regulation; strategies for intervention. Suplementation and ergogenic aids.

In the lectures contents are transmitted by using the expositive teaching method with the support of slides. In the lecture-practical classes we privilege the adoption of a work group task methodology for the resolution of problems concerning subjects presented both in lecture and lecture-practical classes. The student opts for final or continuous assessment model. The continuous assessment model is based on performing a written frequency on the contents of **Evaluation** both the lectures and lecture-practical classes (70%) and, in groups, completing in the classroom 6 worksheets and elaborating, presenting and discussing a bibliographic research with a theme that is changed annually (30%). To be approved, the student needs to obtain a minimum of 9.5 values in each component. The final assessment is obtained through a written test, including the lectures and lecture-practical matters. The student is approved provided he gets a minimum of 10 values.

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Ferreira, F.A.G. (1994). Nutrição humana. 2ª edição. Fundação Calouste Gulbenkian, Lisboa.
Insel, P., Turner, R.E. and Ross, D. (2002). Nutrition. Jones and Bartlett Publishers, Sudbury, Massachusetts.
Katch, F.I. and McArdle, W.D. (1984). Nutrição, controlo de peso e exercício (2ª ed.). Editora Médica e Científica Lda. Rio de Janeiro.
Mahn, L.K. and Escott-Stump, S. (2002). Krause - Alimentos, Nutrição e Dietoterapia. Ed Roca. São Paulo.
McArdle, W.D., Katch, F.I. and Katch, V.L. (1996). Exercise physiology: energy, nutrition, and human performance. 4th edition. Williams & Wilkins, Baltimore. Teixeira, P.J., Sardinha, L.B. e Themudo Barata, J.L. (2008). Nutrição, Exercício e Saúde. Lidel - Edições Técnicas, Lisboa.