

<b>General Information</b>	Studies in <b>NUTRITION SCIENCE FOR HUMAN HEALTH</b>
Title of the subject	<b>Sport Nutrition and Supplementation</b>
Degree Course (class)	<b>Nutrition Science for Human Health</b>
ECTS credits	6
Compulsory attendance	No
Language	Italian

<b>Subject Teacher</b>		
Name and Surname	<b>Angelo Vozza</b>	
email address	<a href="mailto:angelo.vozza@uniba.it">angelo.vozza@uniba.it</a>	
Place and time of reception	Campus in Via E. Orabona, 4 – Pharmacy building 1 <sup>st</sup> floor, room 227 Every day from 10-12 a.m. after email contact	
<b>ECTS credits details</b>	Discipline sector (SSD)	Area
	General Biochemistry (BIO/10)	Affine

<b>Study plan schedule</b>	Year of study plan	Semester
	first	first

<b>Time management</b>	Lessons	Laboratory	Exercises	Total
CFU	3			3
Total hours	24			24
In-class study hours				
Out-of-class study hours	51			51

<b>Syllabus</b>	
Prerequisites / Requirements	Basic knowledge of Physics, General and Organic Chemistry, Biochemistry, Anatomy and Human Physiology.

<b>Expected learning outcomes (according to Dublin descriptors)</b>	
Knowledge and understanding	- Metabolism and the molecular / biochemical mechanisms underlying the muscular exercise. Students will enhance their knowledge of English through the use of scientific-language texts and audio-visual tools.
Applying knowledge	- Problem solving skills in the field of problems concerning muscular metabolism and the use of food supplements.
Making informed judgments and choices	- The student will acquire the ability to integrate knowledge, manage complexity and make judgments even in the presence of partial or constantly evolving information.
Communicating knowledge	- The student will acquire adequate skills to express himself clearly and effectively using scientific language appropriately.
Capacities to continue learning	- The student will acquire learning skills that will allow him to deepen his knowledge of the topics covered.

<b>Study Program</b>	
Content	- Sport and health. - Nutrition and sport. - Energy metabolism of skeletal muscle in endurance, power and

	<ul style="list-style-type: none"> <li>- alternating aerobic-anaerobic sports.</li> <li>- Supplements in sport.</li> </ul>
Bibliography and textbooks	<ul style="list-style-type: none"> <li>- Notes of the lectures distributed during the course</li> <li>- (all the support materials are available online: <a href="https://www.uniba.it/docenti/vozza-angelo">https://www.uniba.it/docenti/vozza-angelo</a>)</li> </ul>
Notes to textbooks	<ul style="list-style-type: none"> <li>- None</li> </ul>
Teaching methods	<ul style="list-style-type: none"> <li>- Flipped classroom. CLIL, cooperative learning</li> </ul>
Assessment methods	<ul style="list-style-type: none"> <li>- Written exam</li> </ul>
Evaluation criteria	<ul style="list-style-type: none"> <li>- Knowledge and understanding The student will be assessed in the ability to understand Italian scientific texts and English scientific videos</li> <li>- Applying knowledge and understanding The student will be assessed through the ability to solve multiple-response tests</li> <li>- Communicating knowledge and understanding The student will be asked to integrate the information obtained from the development of the individual topics dealt with by developing small customized critical works (power points, pdf files, multimedia e-books, etc.</li> <li>- Communication skills The student will be assessed in communication skills by flipped classroom.</li> <li>- Capacities to continue learning</li> <li>- The student will be encouraged to deepen the topics of interest using supplementary material provided in e-book.</li> </ul>
Further information	