

3.00 credits

22.5 h + 7.5 h

Q1

Teacher(s)	Deldicque Louise ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	• the basics of nutritional homeostasis in humans, • weight regulation, dietary energy, • analysis of macro- and micronutrient requirements (vitamins, ions, etc.), • appetite regulation, • adapting nutrition for physically active people, • nutritional and water balance during exercise, • specific ergogenic aids for performance, • nutritional recommendations for active children, women and the elderly
Learning outcomes	At the end of this learning unit, the student is able to : • Demonstrate knowledge and understanding of nutritional recommendations for physically active people of all levels, ages and genders (1.1) • Use the basic tools for dietary assessment and monitoring in healthy active people (1.1, 1.10) • Understand the field of action of the physical educator in relation to the recognised professional world of nutrition (doctor, pharmacist, dietician) (1.4, 1.5, 1.6)
Other infos	This course is strictly reserved for FSM students. It is not open to other UCLouvain students.
Faculty or entity in charge	FSM

Programmes containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Master [120] in Motor Skills: Physical Education	EDPH2M	3		
Master [120] of Education, Section 4 : Physical Education	EDPH2M4	3		