

3.00 credits

22.5 h + 7.5 h

Q1

Language :	French
Place of the course	Louvain-la-Neuve
Main themes	<ul style="list-style-type: none"> • 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	<p>At the end of this learning unit, the student is able to :</p> <ul style="list-style-type: none"> • Demonstrate knowledge and understanding of nutritional recommendations for physically active people of all levels, ages and genders (1.1)
Teaching methods	<p>Students enrolled in the Master's program in Motor Sciences, General Orientation (MOTR) will be assessed through a multiple-choice questionnaire (MCQ) based on course material delivered via video, focusing on nutrition adapted to the sports activities of children, women, and older adults. This replaces the practical sessions originally planned in the generic course description for LEPHY2201 and represents a total workload of 7 hours and 30 minutes.</p>
Other infos	<p>This course is strictly reserved for FSM students. It is not open to other UCLouvain students.</p>
Faculty or entity in charge	FSM

Programmes containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Master [120] in Motor Skills: General	MOTR2M	3		