

Master's in High Performance Sport: Strength and Conditioning

Academic Year 2018-2019

Module: Sports Nutrition and Ergogenic Aids

| Date & Time | Location | Professor & Theme |
|--|--------------------------------------|---|
| Fri., 22/03/2019 9:00-14:00h | Pavilion 5, Classroom 14A | Dr. Iñigo Mujika (Univ. País Vasco) <i>Nutritional strategies (hydration, ergogenic aids, electrolyte replacement) and attunement (tapering, peaking) in endurance sports of medium, long and longer duration.</i> |
| Fri., 05/04/2019 9:00-14:00h | Pavilion 5, Classroom 14A | Dr. Alex Gonzalez-Agüero (Univ. Zaragoza) Body composition: adaptations to exercise, assessment and methods comparison. |
| Tues., 9/04/2019 9:00-14:00h | Pavilion 3, Classroom 6 | Dr. Carlos Treceño (Univ. Europea Miguel de Cervantes) <i>Basics of energy metabolism, energy balance, carbohydrate/fat/protein for fuel, electrolytes and hydration; Intensity of exercise and fuel source, diet compositions (pre-, during, post-exercise) in sport and in special situations (combat, extreme environmental conditions); Introduction to ergogenic aids.</i> |
| Weds., 08/05/2019 9:00-14:00h | Pavilion 5, Classroom 14A | Dr. Toscana Viar Morón (The Healthy Company) <i>Ergogenic Aids</i> |
| Thurs., 09/05/2019 11:30-14:00h | Pavilion 5, API 3 | Dr. Alejandro Martínez (Univ. Alicante) Energy expenditure. Assessment and adequacy of nutritional and food intake. |
| Fri. 17/05/2019 9:00-10:30h | Pavilion 5, Classroom 14A | Final Exam |