

NUTRITION AND METABOLISM IN HEALTH AND EXERCISE

Prof. Attilio Parisi

Preparatory activities:

Learning objectives (200 characters max): To understand the nutritional aim in sport performance, and acquire which tools are needed to avoid metabolic and/or fluid disbalance

Online Learning resources:

Reading material:

G.L. Close D.L. Hamilton A. Philp L.M. Burke J.P. Morton: New strategies in sport nutrition to increase exercise performance. Free radical Biology and Medicine 98 (2016) 144-158

Video (web link):

Sport and dehydration: https://www.youtube.com/watch?v=mve0mVu5y5A&ab_channel=rockboy1138

Hydration, Sports Nutrition and Performance:

https://www.youtube.com/watch?v=NKxh6GOHUBI&ab_channel=NESTA%26SpencerInstitute

Skinfold measurement Male:

https://www.youtube.com/watch?v=hQWog8D9xnE&ab_channel=TravisErickson

Skinfold measurement Female:

https://www.youtube.com/watch?v=iswCHPi_0Gs&ab_channel=TravisErickson

Core activities:

Learning objectives (200 characters max): How to recognize and prevent metabolic and fluid disbalance, and how to use specific equipment able to measure body composition.

Learning resources: Face-to-face classroom

Online learning resources

Lecturers' presentation (to be provided)

Reading material:

Kerksick et al.: ISSN exercise & sports nutrition review update: research & recommendations. Journal of the International Society of Sports Nutrition (2018) 15:38

Walter-Kroker et al., A practical guide to bioelectrical impedance analysis using the example of chronic obstructive pulmonary disease. Nutrition Journal 2011, 10:35

Chee Ping et al., Effects of bee bread supplementation on endurance running performance and total antioxidant status in recreational athletes. International Journal of Applied Research in Natural Products · June 2018^[1]_{SEP}

Holland et al., The Influence of Drinking Fluid on Endurance Cycling Performance: A Meta-Analysis. Sports Med (2017) 47:2269–2284.

Kraft et al., Impact of dehydration on a full body resistance exercise protocol. Eur J Appl Physiol (2010) 109:259–267

BIA outcomes - Report

Video (web link):

Bioelectrical Impedance Analysis:

https://www.youtube.com/watch?v=vTcUS3qCLSU&ab_channel=UtahStateUniversityExtension