

## **NUTRITION FÖR DANSLÄRARE**

### **NUTRITION FOR DANCE EDUCATORS**

7.5 högskolepoäng - 7.5 credits

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**Kurskod:** FANUBA

**Nivå:** Grundnivå

**Huvudområde:**

**Fördjupningsgrad:** G1N

**Utbildningsområde:** Idrottsliga området

**Ämne:** Idrottsvetenskap

**Fastställd av:** Institutionen för fysisk aktivitet och hälsa 2023-11-21

**Version:** 1

**Gäller från:** Höstterminen 2024

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### **Intended learning outcomes**

#### *Knowledge and understanding*

- describe and show an understanding of the body's energy-, nutrient- and hydration requirements in connection with training and performing/competing in dance,

#### *Competence and skills*

- use basic methods to capture energy intake and body composition, and explain how one can safely adjust body composition via the diet,

#### *Judgement and approach*

- reflect over food choices, meal timings and specific dietary requirements in different situations before, during and after activity,
- evaluate and reflect on how different diets/dietary habits, specific nutrients and dietary supplements affect performance and training adaptations.

### **Course content**

The course comprises studies in the following areas:

- Nutrition: energy turnover, metabolism, macronutrients, micronutrients and hydration.
- The importance of nutrition for physical performance and for physical wellbeing in connection to training, with a focus on dance.
- Practical applications: measurement and analysis of dietary intake, body composition and energy turnover. Basic planning of dietary intake for highly physically active individuals.

### **Examination**

For each examination, one regular test opportunity and one regular re-test opportunity are arranged. The latter (opportunity 2) is offered no earlier than two weeks and no later than six

weeks after the student has been notified of the grading decision from the first examination opportunity. If the student does not take the re-test opportunity, the grade will be fail (Underkânt) and the student is referred for re-examination. In addition to the regular examinations, additional re-examinations are given (opportunity 3 or more) for both theoretical and practical examinations. At least three examination opportunities must be offered within one year for each examination within a course.

A student who does not fully meet the goals of an examination may, at the discretion of the examiner, be given an opportunity to supplement to achieve a pass grade. It is only possible to supplement up to a pass, not to distinction. Normally, the student is assigned the supplementary assignment in connection with the grade being announced after the regular (first) examination occasion. The supplementary material/test must be submitted within two weeks after the student is notified of the test result, but before the next re-examination. If the student does not achieve this within the set time, the fail grade remains and the student is referred to the next re-examination.

### **Course requirement**

Attendance and active participation in the 2.5-day period at GIH. If a student fails to adhere to a course requirement they can, after a decision by the examiner, be given the opportunity for a replacement assignment. This must be submitted no later than at the end of the course.

If the student has a decision from GIH regarding special educational support due to disability or other reasons, the examiner has the right to give an adapted test or let the student complete the test in an alternative way.

### **Mode of examination**

The course examinations are as follows.

Skriftlig individuell hemtentamen, 7.5 hp  
*Written examination, 7.5 credits*

When students are examined, the obligations and rights are set accordingly with GIS's policies and regulations.

### **Grades**

The grades for the course will be expressed in the form of either Pass with Distinction, Pass, or Fail. To obtain a Pass with Distinction for the course as a whole, a Pass with Distinction grade is required for the written examination. Students will obtain more detailed criteria for each grade at the start of the course, at the latest.

### **Student influence and course evaluation**

In accordance with Chapter 1 Section 14 of the Higher Education Ordinance (1993:100), a written course evaluation is arranged after course completion.

Students shall, in accordance with Chapter 1 section 4a of the Higher Education Ordinance (1992:1434) be given the opportunity to exercise their influence over the education, and higher

education institutions shall encourage students to take an active role in their work of continually improve their courses. The format for student influence is regulated in GIHs guidelines.

### **Type of instruction**

The course will be mostly delivered digitally (distance learning). One compulsory 2.5-day long teaching period will be on campus at GIH. Teaching will take place via lectures, seminars and workshops. Discussions based in the participants' different jobs, knowledge, experiences and interests form an important part of the course.

### **Other information**

Teaching and examinations will be in English.

When a course has been discontinued or undergone large changes, students are guaranteed at least an additional three opportunities for examination during a period of at least one year and for a maximum of two years after the discontinuation/major change has taken place.

### **Literature and list of references**

#### **Gäller hela kursen**

Obligatorisk litteratur och övriga läromedel:

#### **Compulsory course literature**

Jeukendrup, A., & Gleeson, M. (2019). *Sport Nutrition*. (3rd ed.). Human Kinetics.

5-10 scientific journal articles will be added to the compulsory readings. These will be specified in the course information given to students at the start of the course.

Valbar litteratur och övriga läromedel:

#### **Optional extra literature in Swedish**

Berg, C., Ellergård, L., Larsson, C. (2021) *Näringslära för högskolan*. Liber.