

**ADVANCED TOPICS IN SUPPLEMENTATION DURING THE PHYSICAL EXERCISE (CODE:
2024066)**

COURSE SYLLABUS:

Supplements vs traditional diet. Protein consumption: moment, quantity, quality. Food consumption, before, during and after training and competition. Pre-competition body mass control. Ergogenic resources: myths and truths. Thermogenics.

GOALS:

- To instrumentalize the post-graduate so that he knows how to evaluate the criteria and quality of scientific articles published in sportive nutrition.
- To get to know the principal sport supplements sold and scientifically investigated.

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