

**SUPPLEMENTATION PRACTICE ASSOCIATED WITH PHYSICAL EXERCISE II (CODE:  
2024078)**

**COURSE SYLLABUS:**

Consumption of carbohydrates and metabolism. Supplements X Traditional Diet. Protein consumption: moment, quantity and quality. Food consumption: before, during or after competition or training. Body mass control pre-competition. Ergogenic resources: truth and myths. Thermogenic.

**GOALS:**

1. To instrumentalize the post-graduation student so they will be able to evaluate the quality criteria of scientific articles published in sportive nutrition.
2. Realize practice associated with content of this discipline.

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