



UNIVERSITÀ DEGLI STUDI DI PALERMO

DEPARTMENT	Scienze Psicologiche, Pedagogiche, dell'Esercizio Fisico e della Formazione		
ACADEMIC YEAR	2022/2023		
BACHELOR'S DEGREE (BSC)	PHYSICAL EDUCATION AND SPORT SCIENCES		
SUBJECT	PHYSIOLOGY OF NUTRITION		
TYPE OF EDUCATIONAL ACTIVITY	D		
AMBIT	10502-A scelta dello studente		
CODE	03354		
SCIENTIFIC SECTOR(S)	BIO/09		
HEAD PROFESSOR(S)	PROIA PATRIZIA	Professore Associato	Univ. di PALERMO
OTHER PROFESSOR(S)			
CREDITS	3		
INDIVIDUAL STUDY (Hrs)	54		
COURSE ACTIVITY (Hrs)	21		
PROPAEDEUTICAL SUBJECTS			
MUTUALIZATION			
YEAR	2		
TERM (SEMESTER)	1° semester		
ATTENDANCE	Not mandatory		
EVALUATION	Out of 30		
TEACHER OFFICE HOURS	PROIA PATRIZIA Thursday 10:00 13:00 Via Pascoli, 6 Secondo piano		

DOCENTE: Prof.ssa PATRIZIA PROIA

PREREQUISITES	Basic knowledge of biochemicestry
LEARNING OUTCOMES	Knowledge and understanding concerning the basic physiology of nutrition and the specific alimentary implementation for physical exercise Ability in implementing knowledge and understanding of main nutritional topics; Judgement autonomy about the biochemical basis of physiological nutrition. Communicative skills in academic, professional and social fields where the ability to communicate easily and effortlessly in both oral and written contexts is necessary; Learning skills about the specialised terminology related to basic biochemistry of physiology of nutrition.
ASSESSMENT METHODS	Oral questions: the exam consists in 2-3 questions; it aims at verifying the acquired knowledge of the content of main topics of physiology of nutrition. The assessment has a final grade included in the following range: 30-30 with honors (excellent) corresponding to excellent knowledge of topics excellent use of language, ability to solve the submitted issues; 26-29 (very good) good mastery of topics, very good use of language and capacity to solve the submitted issues; 24-25 (good) corresponding to basic knowledge of the main topics, fair use of language and moderate capability to solve the submitted issues; 21-23 (satisfactory) 's/he doesn't possess full mastery of the main teaching topics but 's/he possesses knowledge of them, satisfactory use of language, poor skill to fulfill the acquired knowledge; 18-20 (passing grade) very poor basic knowledge of the main teaching topics, the technical language and capacity to implement the acquired knowledge ; unsatisfactory 's/he doesn't possess an acceptable knowledge of the main topics of the teaching course
EDUCATIONAL OBJECTIVES	Acquisition of the biochemical basis of the physiology of nutrition
TEACHING METHODS	frontal lectures
SUGGESTED BIBLIOGRAPHY	Giuseppe Arienti Le basi molecolari della nutrizione Piccin editore 3° edizione

SYLLABUS

Hrs	Frontal teaching
2	Glicids and their metabolism
2	Proteins and their metabolism
2	Lipids and their metabolism
2	Inorganic Nutrients : water and mineral salts
2	Vitamins
2	Basal metabolism
2	Composition of the natural nutrients
2	Alimentary fibre
2	Dietary lipids and plasmatic lipoproteins
2	Physiology of digestion
2	Nutrients and exercise
2	Nutrients and obesity