**SYLLABUS**

**regarding the qualification cycle** **FROM march 2024 TO September 2024**

1. Basic Course/Module Information

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| --- | --- |
| Course/Module title | Nutrition in sport |
| Course/Module code \* |   |
| Faculty (name of the unit offering the field of study) | Medical College of Rzeszow University |
| Name of the unit running the course | Institute of Health Sciences |
| Field of study | Dietetics |
| Qualification level  | 1st degree |
| Profile | Practical |
| Study mode | stationary |
| Year and semester of studies | III year |
| Course type | Dietetics course in English language |
| Language of instruction | English |
| Coordinator | Kacper Helma, M.A. |
| Course instructor | Kacper Helma, M.A. |

\* - as agreed at the faculty

1.1.Learning format – number of hours and ECTS credits

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semester(n0.) | Lectures | Classes | Colloquia | Lab classes | Seminars | Practical classes | Internships | others | **ECTS credits**  |
| III | 10 | - | - | - | - | - | - | - | 3 |

1.2. Course delivery methods

- conducted in a traditional way

- ~~involving distance education methods and techniques~~

1.3. Course/Module assessment (exam, pass with a grade, pass without a grade)

Pass with a grade

2. Prerequisites

|  |
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| - |

3. Objectives, Learning Outcomes, Course Content, and Instructional Methods

3.1. Course/Module objectives

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| --- | --- |
| O1 | To acquaint students with the knowledge about the basics of sport physiology and nutrition in sport. |
| O2 | To introduce students to the principles of nutrition of athletes practicing various sports disciplines. |
| O3 | To develop skills in introducing nutritional interventions depending on the type of exercise and training goals. |

3.2. Course/Module Learning Outcomes (to be completed by the coordinator)

|  |  |  |
| --- | --- | --- |
| Learning Outcome | The description of the learning outcome defined for the course/module | Relation to the degree programme outcomes |
| LO\_01 | Student knows the basics of sport physiology and principles of nutrition in sport. | K\_W09 |
| LO\_02 | Student has the knowledge to plan and implement a nutrition plan for an athlete. | K\_W08, K\_U03 |
| LO\_03 | Student is prepared to analyse and critically evaluate the available information on nutrition in sport. | K\_K04, K\_K05 |

**3.3. Course content (to be completed by the coordinator)**

1. Lectures

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| --- |
| Content outline |
| 1. Fundamentals of physiology of sports
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| 1. Energy requirements of athletes
 |
| 1. The importance of macronutrients and micronutrients in sport
 |
| 1. Nutritional recommendations for athletes
 |
| 1. Pre-workout and post-workout nutrition
 |
| 1. Hydration in sport
 |
| 1. Gastrointestinal issues in athletes
 |
| 1. Supplements and sports foods
 |

1. Classes, tutorials/seminars, colloquia, laboratories, practical classes

|  |
| --- |
| Content outline  |
| - |

3.4. Methods of Instruction

e.g.

*Lecture: a problem-solving lecture/a lecture supported by a multimedia presentation/ distance learning*

*Classes: text analysis and discussion/project work (research project, implementation project, practical project)/ group work (problem solving, case study, discussion)/didactic games/ distance learning*

*Laboratory classes: designing and conducting experiments*

Lecture supported with a multimedia presentation.

4. Assessment techniques and criteria

4.1 Methods of evaluating learning outcomes

|  |  |  |
| --- | --- | --- |
| Learning outcome | Methods of assessment of learning outcomes (e.g. test, oral exam, written exam, project, report, observation during classes) | Learning format (lectures, classes,…) |
| LO\_01 | final test | lectures |
| LO\_02 | final test | lectures |
| LO\_03 | observation during lectures | lectures |

4.2 Course assessment criteria

|  |
| --- |
| Grading scale F (2.0) – A (5.0)The final grade awarded at the end of the course is based on the following criteria:* active participation
* final test
 |

5. Total student workload needed to achieve the intended learning outcomes

– number of hours and ECTS credits

|  |  |
| --- | --- |
| Activity | Number of hours |
| Scheduled course contact hours | 10 |
| Other contact hours involving the teacher (consultation hours, examinations) | - |
| Non-contact hours - student's own work (preparation for classes or examinations, projects, etc.) | 65 |
| Total number of hours | 75 |
| Total number of ECTS credits | 3 |

\* One ECTS point corresponds to 25-30 hours of total student workload

6. Internships related to the course/module

|  |  |
| --- | --- |
| Number of hours | *-* |
| Internship regulations and procedures | *-* |

7. Instructional materials

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| Compulsory literature:1. Burke L, Deakin V. Clinical Sports Nutrition; McGraw-Hill Education Australia, 2015.
2. Jeukendrup AE, Gleeson M. Sport Nutrition. Human Kinetics 2019.
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| Complementary literature: 1. Journals
2. Bean A. The Complete Guide to Sports Nutrition 7th edition; Bloomsbury Publishing Plc. 2013.
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Approved by the Head of the Department or an authorised person