

# SYLLABUS

REGARDING THE QUALIFICATION CYCLE FROM 2021 TO 2022

## 1. BASIC COURSE/MODULE INFORMATION

|  |                                       |
|--|---------------------------------------|
| 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                           | II 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 (no.) | 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

|   |
|---|
| - |
|---|

## 3. OBJECTIVES, LEARNING OUTCOMES, COURSE CONTENT, AND INSTRUCTIONAL METHODS

### 3.1. Course/Module objectives

|                |  |
|----------------|--|
| O <sub>1</sub> | To acquaint students with the knowledge about the basics of sport physiology and nutrition in sport.             |
| O <sub>2</sub> | To introduce students to the principles of nutrition of athletes practicing various sports disciplines.          |
| O <sub>3</sub> | 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)

#### A. Lectures

|   |
|---|
| Content outline   |
| 1. Fundamentals of physiology of sports                         |
| 2. Energy requirements of athletes                              |
| 3. The importance of macronutrients and micronutrients in sport |
| 4. Nutritional recommendations for athletes                     |
| 5. Pre-workout and post-workout nutrition                       |
| 6. Hydration in sport   |
| 7. Gastrointestinal issues in athletes                          |
| 8. Supplements and sports foods                                 |

## B. 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

|   |
|---|
| <p>Compulsory literature:</p> <ol style="list-style-type: none"> <li>1. Burke L, Deakin V. Clinical Sports Nutrition; McGraw-Hill Education Australia, 2015.</li> <li>2. Jeukendrup AE, Gleeson M. Sport Nutrition. Human Kinetics 2019.</li> </ol> |
| <p>Complementary literature:</p> <ol style="list-style-type: none"> <li>1. Journals</li> <li>2. Bean A. The Complete Guide to Sports Nutrition 7th edition; Bloomsbury Publishing Plc. 2013.</li> </ol>   |

Approved by the Head of the Department or an authorised person