



# LITHUANIAN SPORTS UNIVERSITY

## STUDY MODULE PROGRAMME (SMP)

Module Code	B	420	B	008	Accredited until	2019	06	01	Renewal date
	Branch of Science		Progr.	Registr. №.					

Entitlement

European Nutrition Policy (Nutrition II)

Prerequisites

Basic knowledge in biochemistry, biology

Main aim

To develop students' knowledge and understanding of the fundamental principles of public health nutrition policy and to enable students to design, implement and evaluate the programmes aimed at improving nutrition related health.

Provided knowledge and abilities

To be able to effectively communicate orally and in writing with the target audience, to share their knowledge, experience (PALC-1; PALC-9);  
 Students should focus on self-reflection, communicating with colleagues has a personal position about their field experience (PALC-1);  
 To be able to create, apply and evaluate intervention programs for individuals and target groups based on the scientific theories of health education (PALC-4);  
 To be able to collect, manage, analyse and systematize most recent scientific information (PALC-5);  
 To be able to plan and carry out simple research, analyze, evaluate data and present report on their findings. (PALC-5; PALC-9);  
 to demonstrate the ability to monitor and evaluate the lifestyle and health nutrition intervention programme (PALC-8);  
 To be able to work independently, find, analyze and apply information about innovative methods in field of health promotion and behavioural modification (PALC-6)

Summary

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Bendrojo universitetinio lavinimo

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	The lifelong influences of nutrition on health. The global burden of NCD. Changing pattern of diet and health of world populations during last decade; The characteristics of the food groups. The daily energy and nutrients requirements.	
2.	Factors affecting food choice: social, cultural factors; global marketplace, media and advertising, individual issues (genetics, taste sensitivity and others).	
3.	Planning, implementation and evaluation of the programmes aimed at improving nutrition related health: identifying nutrition-related health problem, setting goals and defining objectives, planning activities, implementation strategies, methods of evaluation.	
4.	The lifelong influences of nutrition on health. The global burden of noncommunicable diseases (cardiovascular diseases, cancer, diabetes mellitus, obesity, osteoporoses).	
5.	Introduction to nutritional epidemiology. Methods available for the measurement of food intake.	
6.	Energy- and nutrient-deficiency disorders. Iron, calcium, iodine, vitamin D deficiency.	

№.	Sections and themes	Responsible lecturer
	Eating disorders	
7.	Most popular alternative dietary lifestyles (low-calorie diets, low-carbohydrate diets, low-fat diets, vegetarian diets, other diets)	
8.	Food and nutrition policies in the European Region. National recommendations, goals and guidelines.	
9.	The role of food labeling in promotion of healthy eating. EU regulations of food labeling. National examples of food labeling. Food safety and control at all the stages of food handling. The main requirements for food safety.	
10.	Impact of Genetically Modified Food on Health and Environment. Regulation on Genetically Modified processed food in the Lithuania and others countries.	

Teaching/learning methods:

Lectures, problem based lectures, seminars, presentations, discussion, brainstorming, case study analyses and analysis of scientific literature

Evaluation procedure of knowledge and abilities:

References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Gibney MJ, Margetts BM, Kearney JM, Arab L. Blackwell (2004) Public Health Nutrition. Blackwell Science. LUHS, Medical Academy			No	
2.	Bowman BA, Russell RM. (2006) Present Knowledge in Nutrition 9th Edition (Volume 1, 2). International Life Science Institute. LUHS, Medical Academy			No	
3.	Mann J, Truswell S (2012) Essentials of Human Nutrition. Oxford University Press. LUHS, Medical Academy			No	
4.	The European Food Information Council (webpage) <a href="http://www.eufic.org">http://www.eufic.org</a> The European Food Information Council (webpage)			No	
5.	The European Food Safety Authority (EFSA) (webpage) <a href="http://www.efsa.europa.eu/">http://www.efsa.europa.eu/</a>			No	

Additional literature

№.	Title
1.	WHO (2004) Food and health in Europe: a new basis for action. <a href="http://www.who.int/nutrition/publications/policies/isbn928901363X/en/index.html">http://www.who.int/nutrition/publications/policies/isbn928901363X/en/index.html</a>
2.	WHO. Publications on food safety: <a href="http://www.efsa.europa.eu/en/publications.htm">http://www.efsa.europa.eu/en/publications.htm</a>

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor	Dr. Rita Gruodytė-Račienė	698

Subdivision

Entitlement	Code
a	1006

### Study module teaching form №. 1

Semester	Mode of studies	Structure				Total hours	Credits
		Lectures	Pract.	Lab.	Ind.		

