

LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B 420 B 009		009	Accredited	2019	06	01	Ren	late		
Wiodule Code	Branch	of Science	Progr.	Registr. №.	until	2019	00	01			

Entitlement

Nutrition Intervention Plan

Prerequisites

Relevant knowledge in Biochemistry and Physiology

Course (module) Learning Outcomes

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№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Students would know and use the valid questionnaires and instruments of the evaluation personal and group nutrition;	Case analysis (Case study), Group work, Literature review presentation, Modeling of real-life (world) situations (projects), Problem-based learning	Case analysis (study), Literature reviewing and presentation
2	Students would be able to organize learning activities individually, accept scientifically informed decisions, communicate with the audience and share knowledge;	Discussion, Literature review presentation	Literature reviewing and presentation
3	Students would know the scientific databases about nutrition and will be able to independently search for information and analyze	Group work, Library / information retrieval tasks, Literature analysis	Literature analysis
4	Students would know the criteria for the research methods selection and would be be able to create and use the valid questionnaires in the survey research, use observation and interviewing techniques; Students would understand and be able to follow ethical research; Students would know and use the valid questionnaires and instruments of the evaluation personal and group nutrition;	Case analysis (Case study), Discussion, Group work, Literature analysis	Case analysis (study), Literature reviewing and presentation
5	Ability to create, apply and evaluate intervention plan directed to individual or a group based on scientific theories of health promotion.	Case analysis (Case study), Discussion, Exercise classes, Group work, Literature analysis, Practical exercises (tasks), Simulation (engineering, technology or process simulation), Small group tutorials	Case analysis (study), Oral presentation, Report

Main aim

Students will learn how to make a nutrition intervention plan for atarget group on the basis of fundamental and applied scientific knowledge to develop the ability to organize their activities, a science-based solutions, to be able to express conceptual ideas of science-based knowledge and planning of scientific research and do it. PALC-1; PALC-3; PALC-5; PALC-6; PALC-9;

Summary

Students increase understanding how to evaluate food intake data effectively it is important to collect sufficient additional data to allow individuals to be identified not only by age and gender, but also by body mass index, physical activity and supplement use. Students would know and use the valid questionnaires and instruments of the evaluation personal and group nutrition; Students will be to create, apply and evaluate intervention plan

directed to individual or a group based on scientific theories of health promotion.

Level of module

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

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Understanding of science and scientific inquiry.	33 prof. dr. Saulius Šukys
2.	Scientific nutrition literature search database. The scientific literature analyses.	33 prof. dr. Saulius Šukys
3.	Structure of the process of scientific research. Research problem, research object, aim and objectives. Scientific hypothesis.	33 prof. dr. Saulius Šukys
4.	Qualitattive and quantitative research types.	33 prof. dr. Saulius Šukys
5.	Research methods and their application	33 prof. dr. Saulius Šukys
6.	Statistical and theoretical analyses of the research data. Scientific conclusions.	33 prof. dr. Saulius Šukys
7.	Research ethics.	33 prof. dr. Saulius Šukys
8.	Communication and preparation of presentation	24 dr. Diana Karanauskienė
9.	Body composition. Energy metabolism direct and indirect methods	499 doc. dr. Daiva Vizbaraitė
10.	Assesment of nutritional status. Anthropometric measures. Estimating dietary intakes	499 doc. dr. Daiva Vizbaraitė
12.	Prevalence of cardiovascular diseases. Role of diet and physical activity on prevention of cardiovascular diseases	499 doc. dr. Daiva Vizbaraitė
14.	Cancer prevalence. Dietary and physical activity recommendations for cancer patients	499 doc. dr. Daiva Vizbaraitė
15.	Nutrition acros lifespan. Nutrition and physical activity for different group.	412 dr. Vida Janina Česnaitienė
16.	Aging. Guidelines for healthy aging. Nutrition and the life cycle.	412 dr. Vida Janina Česnaitienė

Evaluation procedure of knowledge and abilities:

Ten grade criterion scale and summative evaluation system are applied. The semester's individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing up the products.

References

100	referees				
		Edition i	n Lithuanian		Number of
		Sports Uni	iversity library	In Lithuanian	ex. in the
№.	Title		Number of	Sports University	
		Pressmark	exemplars	bookstore	cabinet of
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	Cohen, L., Manion L., Morrison K. (2009)				
1.	Research methods in education.		1	No	
	London:Routledge				
	Carlson, M.D.A., Morrison, R.S. 2009 Study				
2.	design, precision, and validity in observational		1	No	
_	studies. Journal of Palliative Medicine, 12 (1), 77–		1	110	
	82. IF=2.245.				

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3.	Essentials of Re	search Desi	gn and Met	thodolo	gy			1		No		1					
	John Wiley & S																
4.	Israel, M., Hay	I.(2009) Res	earch ethic	s for so	ocial			1		No							
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6.	Gibney M., Mar				L.					No		1					
	(2004) Public H			<i>'</i>						110							
	Langley-Evans																
7.	approach. Unite	d Kingdom,	Oxford, W	'iley-						No		1					
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	ditional literature												<u> </u>				
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1.	Robin J. Freybe				qualit	tative	measu	ires of be	havioi	r in ad	olescent gu	rls. Jou	ırnal				
	of Adolescence, 44 (1/3), 33–54. IF=1.58/.																
2.	Carlson, M.D.A., Morrison, R.S. 2009 Study design, precision, and validity in observational studies.																
3.	Journal of Palliative Medicine, 12 (1), 77–82. IF=2.245.																
4.	Gibney M., Mad											aCII					
5.	L. Burke, (2008)				utitito	ii aiiu	metab	OHSHI 15.	DIN 00	132-03	023						
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syllabus

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Literature analysis Literature reviewing and grade, %

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30

reporting (o)

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presentation																				
Literature reviewing and presentation	8-12	28	10		*					0										
Case analysis (study)	9-16	50	25			*					0									
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