



## LITHUANIAN SPORTS UNIVERSITY

### STUDY MODULE PROGRAMME (SMP)

Module Code	B	420	B	009	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Nutrition Intervention Plan

Prerequisites

Relevant knowledge in Biochemistry and Physiology

Course (module) Learning Outcomes

№.	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 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 area)
Cycle	Type	
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.	Qualitative 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
11.	Methods used to determine requirements and set dietary recommendations	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
13.	Overweight and obesity. Role of nutrition and physical activity recommendations for overweight and obese.	499 doc. dr. Daiva Vizbaraitė
14.	Cancer prevalence. Dietary and physical activity recommendations for cancer patients	499 doc. dr. Daiva Vizbaraitė
15.	Nutrition across 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

№.	Title	Edition in LSU library		In LSU bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Cohen, L., Manion L., Morrison K. (2009) Research methods in education. London: Routledge		1	No	

№.	Title	Edition in LSU library		In LSU bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
2.	Carlson, M.D.A., Morrison, R.S. 2009 Study design, precision, and validity in observational studies. Journal of Palliative Medicine, 12 (1), 77–82. IF=2.245.		1	No	
3.	Marczyk, G.R., DeMatteo, D., Festinger, D. 2005 Essentials of Research Design and Methodology John Wiley & Sons, Inc, Hoboken, New Jersey		1	No	1
4.	Israel, M., Hay I.(2009) Research ethics for social scientists. London: Sage Publishing		1	No	
5.	.K. Bartolomew 2011 Planning Health Promotion Programs; An Intervention Mapping Approach		1	No	1
6.	Gibney M., Margetts M.B., Kearny M.J., Arab L. (2004) Public Health Nutrition Oxford, UK			No	1
7.	Langley-Evans S.(2012) Nutrition a lifespan approach. United Kingdom, Oxford, Wiley-blackwell			No	1

Additional literature

№.	Title
1.	Robin J. Freyberg, R.J. 2009 Quantitative and qualitative measures of behavior in adolescent girls. Journal of Adolescence, 44 (173), 33–54. IF=1.587.
2.	Carlson, M.D.A., Morrison, R.S. 2009 Study design, precision, and validity in observational studies. Journal of Palliative Medicine, 12 (1), 77–82. IF=2.245.
3.	L.K. Bartolomew 2011 Planning Health Promotion Programs; An Intervention Mapping Approach
4.	Gibney M., Macdonald A., Roche M. 2003 Nutrition and metabolism ISBN 0632-05625
5.	L. Burke, (2008) Clinical sports nutrition.
6.	A. Jeukendrup, M. Gleeson (2010) Sports Nutrition, Human Kinetics, USA
7.	Reaburn, P.R.J., (2015) Nutrition and Performance in masters athletes, CRC press, London.

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor	Assoc. Prof. Dr. Daiva Vizbaraitė	499

Subdivision

Entitlement	Code
	10

Study module teaching form №. 1

Semester	Mode of studies	Structure				Total hours	Credits	
		Lectures	Pract.	Lab.	Ind. work			
A	S	D	14	18	0	228	260	10

Languages of instruction:

Lithuanian	<input type="checkbox"/> L	English	<input type="checkbox"/> E	Russian	<input type="checkbox"/> R	French	<input type="checkbox"/> F	German	<input type="checkbox"/> G	Other	<input type="checkbox"/> Oth.
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Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Lectures	P	L		Lectures	P	L
1.	1	1	0	9.	1	1	0
2.	1	1	0	10.	1	2	0
3.	1	2	0	11.	1	1	0
4.	1	1	0	12.	1	0	0
5.	1	2	0	13.	1	0	0

