



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.	

