LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	420	B	007	Accredited until	2019	06	01	Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Exercise and Nutrition Across the Lifespan (Nutrition I)

Prerequisites

Relevant knowledge in Biochemistry and Physiology

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	...Good oral and comunication skills with targeted audience, ability of knowlwgde and experience transfer	Discussion, Literature analysis, Literature review presentation	Literature reviewing and presentation, Oral presentation
2	Students would know and use the valid questionnaires and instruments of the evaluation personal and group nutrition	Group work, Problem-based learning, Seminar	Group work, Seminar
3	Ability to create, apply and evaluate intervention programme directed to individual or a groop based on scientific theories of health promotion	Problem-based learning, Video footage	Problem-solving task, Video footage
4	...Ability to identify, find, analyse, clasify recent scientific information	Literature analysis	Literature reviewing and presentation, Seminar
5	...Ability to design and carry out moderate difficulty scientific research ,to analyse and discuss and present obtained data to professional and other audience; Ability to use inovative methods for personal consultations on physical activity and health	Gests lectures, Seminar	Examination, Literature analysis

Main aim

To promote personal and professional development of students in relation to communication skills, ability to apply recent scientific evidence considering impact of life style modification including changes in nutrition on health.
Reflection (PALC-1)
Assessing (PALC-3)
Changing Behaviour (PALC-4)
Research (PALC-5)
Developing and Inovations (PALC-6)
Knowledge, communication and Management of Ideas (PAC-9)

Summary

This module the focus is on principles and essentials of human nutrition, with the main purpose of helping the students to develop a holistic and integrated understanding of this complex multifaceted scientific domain. Students will have understanding of the basics of the subject, the properties and sources of nutrient, and have focused attention upon how nutrition-related factors shape human health and disease across all stages of the life.

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.	Introduction. Relationship between nutrition, physical activity and health.	499 doc. dr. Daiva Vizbaraitė
2.	Macronutrients, micronutrients, requirement and function, impact on health . Energy metabolism, energy requirements.	499 doc. dr. Daiva Vizbaraitė
3.	Nutrition and metabolism of proteins and amino acids	499 doc. dr. Daiva Vizbaraitė
4.	Digestion and metabolism of carbohydrates	499 doc. dr. Daiva Vizbaraitė
5.	Nutrition and metabolism of lipids	499 doc. dr. Daiva Vizbaraitė
6.	The vitamins and minerals, metabolism and functions	701 doc. dr. Sandrija Čapkauskienė
7.	Prevalence and development of non-insulin dependent diabetes. Dietary and physical activity recommendation's for diabetic patients	701 doc. dr. Sandrija Čapkauskienė
8.	Pregnancy. Dietary recommendations and physical activity during pregnancy. Obesity and pregnancy	701 doc. dr. Sandrija Čapkauskienė
9.	Childhood. Nutrition factors affecting growth	701 doc. dr. Sandrija Čapkauskienė
10.	Adolescence. Nutrition factors. Guidelines for adolescence	701 doc. dr. Sandrija Čapkauskienė
11.	Exercise and nutrition. Exercise Performance	499 doc. dr. Daiva Vizbaraitė

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 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 M., Vorster H., Kok J. 2002 Introduction to Human Nutrition ISBN 0-63205624-x Oxford, UK		1	No	1
2.	Gibney M., Margetts M.B., Kearny M.J., Arab L. 2004 Public Health Nutrition ISBN 0-632-05627 Oxford,UK		0	No	1
3.	Gibney M., Macdonald A., Roche M. 2003 Nutrition and metabolism ISBN 0632-05625 Oxford, UK		0	No	1
4.	Nutrition a lifespan approach (2012) ISBN 978-1-4051-7878-5, Oxford.			No	1

Additional literature

№.	Title
1.	Weijs PJ, Sauerwein HP, Kondrup J. (2012) Protein recommendations in the ICU: g protein/kg body weight - which body weight for underweight and obese patients? Jun;46(8):618-20.Br. J Sports Med.
2.	Weker H. (2006) Simple obesity in children. A study on the role of nutritional factors. Med J.10(1):3-191.
3.	Aller EE, Abete I, Astrup A, Martinez JA, van Baak MA. Starches, sugars and obesity. Nutrients. 2011; (3):341-69

№.	Title
4.	Tysoe J., Wilson C (2010) Influences of the family and childcare food environments on preschoolers' healthy eatingAustralasian Journal of Early Childhood; Vol. 35 Issue 3, p105-110,

Coordinating lecturer

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

Subdivision

Entitlement	Code
a	2006

Study module teaching form №. 1

Semester		Mode of studies	Structure				Total hours	Credits
			Lectures	Pract.	Lab.	Ind. work		
A	S	D	10	6	0	114	130	5

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.

Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Lectures	P	L		Lectures	P	L
				Total:	0	0	0

Schedule of individual work tasks and their influence on final grade

	№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (o)															
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20
Literature reviewing and presentation	1-5	13	10	*				o												
Video footage	1-10	25	20	*									o							
Exam	1-11	64	60	*											o					
Literature reviewing and presentation	6-10	12	10			*						o								
Total:	-	114	100																	