LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module CodeB420B013Accredited until20250601Renewal daBranch of ScienceProgr.Registr. No.until20250601Image: Control of Science										date				
Entit	lement	Branci	I OI Science	Progr.	Registr. №.	untii								
Nutr	ition Inter	vention Pl	aning											
Prer	equisites													
Rele	vant know	ledge in E	Biochemistry	and Ph	ysiology									
Cou	rse (modul	e) Learnir	ng Outcomes	5										
№.	Learning	Outcomes	5		Teaching / Lean	rning Methods		As	sessn	nent Methoo	ls			
	Students	would kno	ow and use t	he			Case analysis (study),							
1	valid que	stionnaire	s and instru	nents	Case analysis (Case study), Gi	Individual work,							
	of the eva	aluation pe	ersonal and g	group	work, Literatur	Literature reviewing								
	nutrition; Students would know the scientific								u pres	sentation				
	databases	about nut	trition and w	vill be	Case analysis ()	Case study) De	ebates	Ca	se an	alvsis (stud	V)			
2	able to in	dependent	tly search fo	r	Literature analy	vsis	coulds,	Lit	teratu	re analysis	,,,			
	informati	on and and	alyze							2				
	Ability to	create, ap	oply and eva	luate	Case analysis (Case study), Li	terature							
	interventi	on plan di	irected to		review presenta	tion, Practical		Ca	se an	alysis (stud	y),			
3	individua	l or a grou	ip based on		exercises (tasks), Reflective jo	ournal,	Sc	Scientific paper (text)					
	scientific	theories o	of health		Scientific paper	analysis, Sma	II group	an	alysis					
Maiı	promotio 1 aim				tutoriais									
Stud	ents will l	earn how t	to make a ni	trition i	ntervention plar	for atarget gro	oup on th	ne bas	is of	fundamenta	1			
and	applied sci	entific kn	owledge to o	levelop	the ability to or	ganize their act	ivities, a	scier	ice-ba	ased solutio	ns,			
to be	e able to ex	press con	ceptual idea	s of scie	nce-based know	vledge and plar	ning of	scient	tific r	esearch and	do			
it.														
Sum	mary													
Stud	ents increa	ise unders	tanding how	to eval	uate food intake	data effective	ly it is in	nporta	int to	collect				
suffi	cient addi	ional data	to allow ind	lividuals	s to be identified	a not only by a	ge and g	ender	, but a	also by bod	y nd			
instr	uments of	the evaluation	ivity and sup	al and or	oup nutrition:	ould know and	to creat	vallu e ani	l ques	d evaluate	na			
inter	vention pl	an directe	d to individu	al or a g	group based on s	scientific theor	ies of he	alth p	romo	tion.				
Leve	el of modu	le						··· ·						
	Level of	programm	ne		Carla in a farmer				1)				
Cycl	le	Туре			Subject gro	Sup (under the f	regulatio	nort	ne are	ea)				
First		Bachelor	E	Bendrojo	universitetinio	lavinimo								
Grou	ıp under fi	nancial cla	assification											
Sylla	abus													
№.				Section	is and themes					Responsib lecturer	le			
1.	Body con managen	nposition. ient	Anthropom	etric me	asures. Overwe	ight and Obesi	ty. Weig	ht						
2.	Assesme	nt of nutri	tional status	. Estima	ting dietary inta	kes								
3.	Nutrients	and recor	nmended in	takes										
4.	Water ree	quirement	s and Fluid I	balance										
5.	Prevalen	ce of cardi	ovascular d	iseases.	Role of diet and	physical activ	ity on							
	prevenue			scases										

№.	Sections and themes	Responsible lecturer
6.	Nutrition across lifespan. Nutrition and physical activity for different group.	
7.	Aging. Guidelines for healthy aging. Nutrition and the life cycle.	

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

		Edition in I Unive	Lithuanian Sports rsity library	In Lithuanian Crasta	Number of ex. in the	
№.	Title	Pressmark	Number of exemplars	University bookstore	methodical cabinet of the depart.	
1.	Gibney M., Margetts M.B., Kearny M.J., Arab L. (2004) Public Health Nutrition Oxford,UK		1	No	1	
2.	Langley-Evans S.(2012) Nutrition a lifespan approach. United Kingdom, Oxford, Wiley-blackwell		1	No	1	
3.	K. Bartolomew 2011 Planning Health Promotion Programs; An Intervention Mapping Approach		1	No	1	
4.	P.R.J., Reaburn 2015 Nutrition and Performance in masters athletes CRC Press, London, New York		1	No		

Additional literature

№.	Title
1.	Gibney M., Macdonald A., Roche M. 2003 Nutrition and metabolism ISBN 0632-05625
2.	L. Burke, (2008) Clinical sports nutrition.
3.	A. Jeukendrup, M. Gleeson (2010) Sports Nutrition, Human Kinetics, USA
4.	Reaburn, P.R.J., (2015)Nutrition and Performance in masters athletes, CRC press, London.
5.	Paulsen G, Hamarsland H, Cumming KT, et al. Vitamin C and E supplementation alters protein signalling after a strength training session, but not muscle growth during 10 weeks of training. J Physiol. 2014;592:5391–5408.
6.	Bartlett JD, Hawley JA, Morton JP. Carbohydrate availability and exercise training adaptation: too much of a good thing? Eur J Sport Sci. 2015;15:3–12
7.	Burke LM. Fueling strategies to optimize performance: training high or training low? Scand J Med Sci Sports. 2010;20:48–58.
8.	Close GL, Hamilton L, Philp A, et al. New strategies in sport nutrition to increase exercise performance. Free Radic Biol Med. 2016;98:144–158

Coordinating lecturer

Position	Degree, surname, name	Schedule	e №.
Associate Professor		346	
Subdivision			
	Entitlement		Code
	3		2006

Study module teaching form №. 1

			Structu	ıre		Total	
Semester	Mode of studies	Theory	Seminars	Lab Works	Ind. work	hours	Credits

		D		12	18			0			10)		1	30				5		
Languages of ins	struction:																•				
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Plan of in-class h	nours																				
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2.	2	3		0	6					2				2				0			
3.	2	2		0	7					2	,		3				0				
4.	2	2		0																	
						T	ota	l:		14	4			16	5			0			
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analysis		1.5	20						Ŭ	_											
Case analysis (stu	dy)	1-5	25	25		*				0											
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