



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	420	B	013	Accredited until	2025	06	01	Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Nutrition Intervention Planing

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 analysis	Case analysis (study), Individual work, Literature reviewing and presentation
2	Students would know the scientific databases about nutrition and will be able to independently search for information and analyze	Case analysis (Case study), Debates, Literature analysis	Case analysis (study), Literature analysis
3	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), Literature review presentation, Practical exercises (tasks), Reflective journal, Scientific paper analysis, Small group tutorials	Case analysis (study), Scientific paper (text) analysis

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.

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	

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Body composition. Anthropometric measures. Overweight and Obesity. Weight management	
2.	Assesment of nutritional status. Estimating dietary intakes	
3.	Nutrients and recommended intakes	
4.	Water requirements and Fluid balance	
5.	Prevalence of cardiovascular diseases. Role of diet and physical activity on prevention of cardiovascular diseases	

