LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Instance code Branch of Science Progr. Registr. Ne. until Entitlement Biochemistry of Sport, Athletes Nutrition and Anti-doping Prerequisites Basic knowledge of biology, chemistry Course (module) Learning Outcomes Course (module) Learning Outcomes Me. Learning Outcomes Teaching / Learning Methods Assessment Methods 1 Literatūros analizė, Pratybos, Problemomis gristas mokymas Group work private laboratory work, Literature analysis, Test 2 Case analysis (Case study), Problem-based learning Case analysis (study), Control work 3 Case analysis (Case study), Discussion, Laboratory classes Control work, Literature analysis, Oral presentation 4 Discussion, Laboratory classes Case analysis (study), Control work, Directed private laboratory work 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 of summary his module the focus is on principles and essentials of human nutrition, biochemistry 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 attent												
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№. Sections and themes Responsible												
1. Introduction												
Structure of the human body, chemical composition and methods of its												
2. measurement.												
3. Proteins functions and metabolism												
4. Enzymes, their functioning. Vitamins, their classification and functions												
5. Carbohydrates, their functions and metabolism.												
6.												
7. Physical exercise biochemistry												
7. Physical exercise biochemistry												
8. Energy requirements.												
8. Energy requirements. 9. Nutrition assessment												

№.	Sections and themes	Responsible lecturer
11.		
12.	Regulation of water and electrolyte metabolism in rest and during exercise	
13.	Body composition changes	
14.	Children nutrition	
15.	The history of doping and challenges	
16.	What is doping and anti-doping?	
17.	Why, when and where is doping being used?	
18.	Why is doping prohibited?	
19.	What actions are being taken against doping?	
20.	Supplements and doping	
21.	Doping control procedure	

Evaluation procedure of knowledge and abilities:

References

№.	Title	Edition in Sports lil	n Lithuanian University brary	In Lithuanian Sports University	Number of ex. in the methodical
		Pressmark	Number of exemplars	bookstore	cabinet of the depart.
1.	Gibney M., Vorster H., Kok J. 2002 Introduction to Human Nutrition ISBN 0-63205624-x Oxford, UK		1	No	1
2.	.Jeukendrup, M. Gleeson 2016 Sport Nutrition Human Kinetic, USA		1	No	
3.	A. Skurvydas ir kt 2006 Sveikata ir Fizinis aktyvumas ISBN 9955-622-30-x LKKA, Kaunas		10	No	
4.	R. Lažauskas. Mityba ir sveikata. 2005 Mityba ir sveikata ISBN9955-15-040-8 KMU, Kaunas		30	No	
5.	Praškevičius, A., Biochemija, LSMU, 2005		20	No	2
6.	Cermak N.M., Van Loon L.J., (2013) The use of carbohydrates during exercise as an ergogenic aid. Sports Med., 43(11):1139-55.			No	
7.	Pasaulinis antidopingo kodeksas. 2015. http://www.wada-ama.org			No	
8.	WADA Anti-doping Textbook. 2015. www.antidopinglearninghub.org			No	
Add	itional literatura				

Additional literature

N⁰.	Title
1.	Choi E.Y., Cho Y.O., (2013) Interaction of physical trainings and coffee intakes in fuel utilization during exercise in rats. Nutr. Res Pract. 7 (3) 178-84.
2.	Pinckaers P.J., Churchward-Venne T.A., Bailey D., Van Loon L.J. (2017) Ketone Bodies and Exercise Performance: The Next Magic Bullet of Merely Hype? Sport Med; 47(3):383-391.
3.	Rosset R., Lecoultre V., Egli L., Cros J., Dokumaci A.S., Zwygart K., Boesch C., Kreis R., Schneiter P., Tappy L. (2017) Postexercise repletion on muscle energy stores with fructose or glucose in mixed meals. Am J Clin;105(3):609-617.
4.	Jeff S. Volek, Timothy Noakes, Stephen D. Phinney (2015) Rethinking fat as fuel for endurance exercise European Journal of Sport Science, Vol.15, No 1, 13-20
5.	McBride A, Hardie DG. AMP-activated protein kinase: a sensor of glycogen as well as AMP and ATP? Acta Physiol. 2009;196:99–113.
6.	www.antidopinglearninghub.org/en/textbook/what-is-doping
7.	David R. Mottran and Neil Chester. 2015. Drugs in Sports. Chapters 1 and 2
8.	Anti-Doping Convention of the Council of Europe. http://conventions.coe.int/Treaty/en/Treaties/Html/135.htm

№.	ه. Title											
9.	Vogliardi S, Tucci M, Stocchero G, Ferrara SD1, Favretto D. 2015. Sample preparation methods for determination of drugs of abuse in hair samples: A review. Anal Chim Acta. 2015 Feb 1;857:1-27.											
10.	Hatton CK, Green GA, Ambrose PJ. 2014. Performance-enhancing drugs: understanding the risks. Phys Med Rehabil Clin N Am. 2014 Nov;25(4):897-913											
Coordinating lecturer												
Position Degree, surname, name Schedule №.												
Associate Professor 346												
Subdivision												
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	Department of Health	Promotion and Rehabilitation		2006								

Study module teaching form №. 1

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