



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	420	B	020	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Nutrition across Life Span

Prerequisites

Basic of biology

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1		Case analysis (Case study), Group work, Literature analysis,	Case analysis (study), Group work, Seminar
2		Discussion, Role play, Scientific paper analysis, Seminar	Control work, Group work, Oral presentation
3		Case analysis (Case study), Debates, Literature analysis, Seminar, Simulation of real-life (world) situations	Case analysis (study), Literature reviewing and presentation, Oral presentation, Seminar
4		Debates, Discussion, Group work, Literature review presentation,	Oral presentation, Problem-solving task,

Main aim

Describe how nutritional status is influenced by the stage of life due to the variation in specific factors controlling nutrients availability and requirements, as individuals develop from the fetal stage through to adulthood.

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	
2.	Energy requirements. Nutrition evaluation methods	
3.	Womens nutrition, pregnancy.	
4.	Children nutrition.	
5.	Nutrition and adolescence	
6.	Nutrition and health.	
7.	Nutrition, aging and the elderly	
8.	Body mass management.	
9.	Macronutrients metabolism.	
10.	Cells nutrition	
11.	Amino acids and nucleic acid metabolism and genetics	

Evaluation procedure of knowledge and abilities:

References

No.	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., Margetts M.B., Kearny M.J., Arab L. 2004 Public Health Nutrition ISBN 0-632-05627 Oxford,UK		2	No	
2.	R. Lažauskas. 2005 Mityba ir sveikata. ISBN9955-15-040-8 KMU, Kaunas.		8	No	
3.	Gibney M., Vorster H., Kok J. 2008 Introduction to Human Nutrition ISBN 0-63205624-x Oxford, UK		1	No	
4.	Skurvydas, I.J. Zuožienė, A. Stasiulis, S. Kamandulis, D. Vizbaraitė, N.Masiulis, A. Mačiukas, D.Rėklaitienė 2006 Fizinis aktyvumas ir sveikata knyga		10	No	
5.	Visagurskienė, Kristina; Česnaitienė, Vida Janina; Vizbaraitė, Daiva. Vyresnio amžiaus žmonių sveikatą stiprinantis fizinis aktyvumas : studijų knyga / Kristina Visagurskienė, Vida Česnaitienė, Daiva Vizbaraitė ; Lietuvos sporto universitetas. Kaunas : LSU, 2017. 151 p. : iliustr. ISBN 9786098200065.		10	No	
6.	G. Šurkienė, R. Stukas 2003 Įvairaus amžiaus vaikų mityba ir jos vertinimas ISBN 9986-19564-0 VU, Vilnius 17;		2	No	
7.	.Mikalauskaitė. 1999 Suaugusių žmonių energijos apykaita ir fiziologiniai maisto medžiagų poreikiai. Vilnius		2	No	
8.	Nutrition a lifespan approach (2012) ISBN 978-1-4051-7878-5, Oxford.		1	No	

Additional literature

No.	Title
1.	Gomez-Cabrera MC, Salvador-Pascual A, Cabo H, et al. Redox modulation of mitochondriogenesis in exercise: does antioxidant supplementation blunt the benefits of exercise training? Free Radic Biol Med. 2015;86:37–46
2.	Paulsen G, Cumming KT, Holden G, et al. Vitamin C and E supplementation hampers cellular adaptation to endurance training in humans: a double-blind, randomised, controlled trial. J Physiol. 2014;592:1887–1901.
3.	David B. Pyne, Nicholas P. West, Amanda J. Cox, Allan W. Cripps (2015) Probiotics supplementation for athletes-Clinical and physiological effects. European Journal of Sport Science, Vol.15, No 1, 63-72.
4.	Caoileann H. Murphy, Amy J. Hector, Stuart M. Phillips (2015) Considerations for protein intake in managing weight loss in athletes. European Journal of Sport Science, Vol.15, No 1, 21-28.
5.	Gardner et al. 2021 https://doi.org/10.1177/08901171211016191d
6.	Ritson, Hearnis & Bannock 2023 https://doi.org/10.3389/fnut.2023.1118547
7.	Burke et al. 2023 https://doi.org/10.1136/bjsports-2023-107335
8.	Sim et al. 2019 https://doi.org/10.1007/s00421-019-04157-y

Coordinating lecturer

Position	Degree, surname, name	Schedule No.

Subdivision

Entitlement	Code
Department of Health Promotion and Rehabilitation	2006

Study module teaching form №. 1

Semester		Mode of studies	Structure				Total hours	Credits
			Theory	Seminars	Lab Works	Ind. work		
A	S	D	13	13	0	104	130	5

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
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Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
1.	1	0	0	7.	1	1	0
2.	2	2	0	8.	2	3	0
3.	1	1	0	9.	1	1	0
4.	1	1	0	10.	1	1	0
5.	1	1	0	11.	1	1	0
6.	1	1	0	Total:			
				13		13	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
Control work	1-4	20	20	*				0												
Case analysis (study)	1-8	24	30	*						0										
Exam	2-8	20	20	*							0									
Oral presentation	4-6	20	20	*					0											
Scientific paper (text) analysis	2-8	20	10	*						0										
Total:	-	104	100																	

Study module teaching form №. 2

Semester		Mode of studies	Structure				Total hours	Credits
			Theory	Seminars	Lab Works	Ind. work		
A	S	N	0	0	0	130	130	5

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
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Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
1.	1	0	0	7.	1	1	0
2.	2	2	0	8.	2	3	0
3.	1	1	0	9.	1	1	0
4.	1	1	0	10.	1	1	0
5.	1	1	0	11.	1	1	0
6.	1	1	0	Total:			
				13		13	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
Scientific paper (text) analysis	1-8	20	20	*			0													
Oral presentation	8-11	30	20	*			0													
Case analysis (study)	1-8	34	30	*								0								

[illegible]