University of Gdańsk

Subject card

Subject name and code	Sports nutrition, PG_00081496		
Field of study	Chemistry		
Date of commencement of studies	October 2024	Academic year of realisation of subject	2026/2027
Education level	Bachelor's studies	Subject group	Optional subject group
Mode of study	full-time studies	Mode of delivery	at the university
Year of study	3	Language of instruction	Polish Polish
Semester of study	5	ECTS credits	2.0
Learning profile	academic	Assessment form	credit
Conducting unit			
Name and surname of lecturer (lecturers)	Subject supervisor	prof. dr hab. Zbigniew Kaczyński	
	Teachers		

Lesson types

Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
Number of study hours	30.0	0.0	0.0	0.0	0.0	30

E-learning hours included: 0.0

Learning activity and number of study hours

Learning activity	Participation in didactic classes included in study plan	Participation in consultation hours	Self-study	SUM
Number of study hours	30	5.0	15.0	50

Subject objectives

- Familiarisation with the basic processes of the human body during physical exercise.
- Familiarisation with the main nutrients and their role in physical exercise.
- Familiarisation with the principles of nutrition for athletes practising various sports.
- Familiarisation with the effects of supplements, nutritional supplements and other measures to increase performance and improve the efficiency of the body.

Learning outcomes

Course outcome	Subject outcome	Method of verification
[CHEML3_W05] Has basic knowledge of the chemical specialisation studied.	1. knows the main nutrients and understands their role in exercise. 2. describes selected agents to increase fitness and improve performance. 3. knows the role of hydration and body weight in sport. 4. understands the importance of proper principles of nutrition for sportsmen and sportswomen depending on the sport they practice and whether they are in a period of training, competition or recovery.	[SW4] test/exam - oral or written
[CHEML3_U01] Identifies, analyses and solves problems in the field of broadly understood chemistry on the basis of the acquired knowledge.	1. Is able to demonstrate the relationship between diet and exercise. 2. demonstrates the ability to independently search for necessary data in the literature. 3. speaks about issues related to nutrition in sports using correct nomenclature.	[SU4] test/exam - oral or written
[CHEML3_U09] Is able to learn independently.	1. Is able to demonstrate the relationship between diet and exercise. 2. demonstrates the ability to independently search for necessary data in the literature. 3. speaks about issues related to nutrition in sports using correct nomenclature.	[SU4] test/exam - oral or written
[CHEML3_K06] Raises her/his professional and personal competences by using information provided in various sources.	1. Understands the need for further education in the field of principles of proper nutrition. 2. consciously assesses the role of nutrition for humans undergoing physical exertion. 3. demonstrates a critical approach to information in professional and popular literature.	[SK4] test/exam - oral or written
[CHEML3_K01] Identifies the level of her/his own knowledge and skills and the need for continuous learning and personal development.	1. Understands the need for further education in the field of principles of proper nutrition. 2. consciously assesses the role of nutrition for humans undergoing physical exertion. 3. demonstrates a critical approach to information in professional and popular literature.	[SK4] test/exam - oral or written

Subject contents

Physiological basis of exercise. Causes and effects of oxidative stress. General characteristics of basic nutrients (carbohydrates, proteins, fats, vitamins and mineral salts) and their role in exercise. Supplements, nutrients and performance enhancers. Hydration of the body during exercise. The importance of body weight in sport. Principles of nutrition for athletes during training, competition and recovery. Nutritional standards and the preparation of menus for selected sports.

Prerequisites and co-requisites

Assessment methods and criteria

Subject passing criteria	Passing threshold	Percentage of the final grade
Written exam	51.0%	100.0%

Recommended reading

Basic literature	• B. Frączek, J. Krzywański, H. Krysztofiak. Dietetyka sportowa. PZWL, Warszawa 2020 • M. Spattini, Żywienie i suplementacja w sporcie, Esteri, Wrocław 2021 • I. Celejowa, Zywienie w sporcie, Wydawnictwo Lekarskie PZWL, Warszawa 2008
Supplementary literature	• A. Bean, Żywienie w sporcie. Kompletny przewodnik, Zysk i S-ka, Poznań 2008 • A. Zając, S. Poprzecki, M. Czuba, G. Zydek, A. Gołas, Dieta i suplementacja w sporcie i rekreacji, AWF Katowice, Katowice 2012
eResources addresses	

Example issues/ example questions/ tasks being completed

Please list the food component that is the primary source of energy for a marathon runner.

Work placement	Not applicable

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