University of Gdańsk

Subject card

Subject name and code	Sports nutrition, PG_00132873		
Field of study	Archaeology		
Date of commencement of studies	October 2024	Academic year of realisation of subject	2024/2025
Education level	undergraduate studies	Subject group	
Mode of study	full-time studies	Mode of delivery	at the university
Year of study	1	Language of instruction	Polish Polish
Semester of study	2	ECTS credits	2.0
Learning profile	academic	Assessment form	
Conducting unit	Pracownia Biochemii Strukturalnej -> Katedra Chemii Biomedycznej -> Faculty of Chemistry -> Rektor		
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

Additional information:
Lecture

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	2.0	18.0	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.

<table>
<tr><td>Learning outcomes</td><td>
<table>
<tr><th>Course outcome</th><th>Subject outcome</th><th>Method of verification</th></tr>
<tr><td></td><td>Knowledge 1. The student 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. Skills 1. The student 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. Social competence 1. Student 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.</td><td>[SW4] test/exam - oral or written
[SW1] oral statement/ conversation/discussion
[SU1] oral statement/conversation/ discussion
[SU4] test/exam - oral or written
[SK1] oral statement/conversation/ discussion
[SK4] test/exam - oral or written</td></tr>
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<tr><td>Subject contents</td><td>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.</td></tr>
<tr><td>Prerequisites and co-requisites</td><td></td></tr>
<tr><td>Assessment methods and criteria</td><td>
<table>
<tr><th>Subject passing criteria</th><th>Passing threshold</th><th>Percentage of the final grade</th></tr>
<tr><td>Written exam</td><td>51.0%</td><td>100.0%</td></tr>
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<tr><td>Recommended reading</td><td>
<table>
<tr><td>Basic literature</td><td>• 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</td></tr>
<tr><td>Supplementary literature</td><td>• 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</td></tr>
<tr><td>eResources addresses</td><td>Adresy na platformie eNauczanie:</td></tr>
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</td></tr>
<tr><td>Example issues/ example questions/ tasks being completed</td><td>Please name the food component that is the primary source of energy for a marathon runner.</td></tr>
<tr><td>Work placement</td><td>Not applicable</td></tr>
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