University of Gdańsk

Subject card

Subject name and code	Sports nutrition, PG_00132873		
Field of study	History		
Date of commencement of studies	October 2025	Academic year of realisation of subject	2025/2026
Education level	Bachelor's studies	Subject group	
Mode of study	full-time studies	Mode of delivery	e-learning
Year of study	1	Language of instruction	Polish Polish
Semester of study	2	ECTS credits	2.0
Learning profile	academic	Assessment form	credit
Conducting unit	Laboratory of Structural Biochemistry -> Department of Biomedical Chemistry -> Faculty of Chemistry -> Rector		
Name and surname of lecturer (lecturers)	Subject supervisor	prof. dr hab. Zbigniew Kaczyński, prof. UG	
	Teachers	prof. dr hab. Zbigniew Kaczyński, prof. UG	

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: 30.0

eNauczanie source addresses:

Moodle ID: 13332 Żywienie w sporcie_2026
https://mdl.ug.edu.pl/course/view.php?id=13332

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	0.0	20.0	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
	Knowledge The student understands the main nutritional components and their role in physical activity. The student can describe selected substances that enhance physical performance and improve endurance. The student is familiar with the importance of hydration and body weight in sports. The student comprehends the significance of proper nutrition strategies tailored to specific sports disciplines and training periods -whether during training, competition, or recovery. Skills The student can demonstrate the relationship between diet and physical exertion. The student shows the ability to independently search for relevant data in scientific literature. The student is able to discuss issues related to sports nutrition using clear language and appropriate terminology. Social Competences The student understands the need for continued education in the field of proper nutrition. The student consciously evaluates the role of nutrition in individuals undergoing physical exertion. The student demonstrates a critical approach to information presented in both professional and popular literature.	[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

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

Work placement

Not applicable