

Subject card

Subject name and code	Sports nutrition, PG_00132873						
Field of study	Biology						
Date of commencement of studies	October 2024		Academic year of realisation of subject				
Education level	Bachelor's studies		Subject group		Obligatory subject group in the field of study Optional subject group		
Mode of study	full-time studies		Mode of delivery		e-learning		
Year of study	3		Language of instruction		Polish polish		
Semester of study	6		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 address: 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. Krysztosiak. Dietetyka sportowa. PZWL, Warszawa 2020 M. Spattini, Żywnienie i suplementacja w sporcie, Esteri, Wrocław 2021 I. Celejowa, Żywnienie w sporcie, Wydawnictwo Lekarskie PZWL, Warszawa 2008	
	Supplementary literature	A. Bean, Żywnienie w sporcie. Kompletny przewodnik, Zys 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		

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