***Syllabus***

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| **Department** | **Centre for Gymnastics and Student Sports** | | | | | | | | | | | | | | | **Year** | | | | | | | 2024/ 2025 |
| **Course** | Sports nutrition | | | | | | | | | | | | | | | **ECTS** | | | | | | | **1** |
| **Study programme** |  | | | | | | | | | | | | | | | | | | | | | | |
| **Level of study programme** | Undergraduate | | | Graduate | | | | | | Integrated | | | | | | Postgraduate | | | | | | | |
| **Type of study programme** | Single major  Double major | | | University | | | | | | Professional | | | | | | Specialized | | | | | | | |
| **Year of study** | 1 | | | 2 | | | | | 3 | | | 4 | | | | | | | | | 5 | | |
| **Semester** | Winter  Summer | | | I | | | | | | II | III | | | | | IV | | | | | | | V |
| VI | | | | | | VII | VIII | | | | | IX | | | | | | | X |
| **Status of the course** | Compulsory | | | Elective | | | | | | Elective course offered to students from other departments | | | | | | **Teaching Competencies** | | | | | | | YES  NO |
| **Workload** | **0** | **L** | **0** | **S** | | **30** | | **E** | | **Internet sources for e-learning** | | | | | | | | | | | | | YES  NO |
| **Location and time of instruction** | Classroom 27, Trg kneza Višeslava 9, Zadar | | | | | | | | | **Language(s) in which**  **the course is taught** | | | | | | | | Croatian/English | | | | | |
| **Course start date** | 2.10.2024 | | | | | | | | | **Course end date** | | | | | | | | 24.01.2025 | | | | | |
| **Enrolment requirements** | / | | | | | | | | | | | | | | | | | | | | | | |
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| **Course coordinator** | PhD, associate professor, Gordana Ivković | | | | | | | | | | | | | | | | | | | | | | |
| **E-mail** | givkovic@unizd.hr | | | | | | | | | | | | **Consultation hours** | | | | | | |  | | | |
| **Course instructor** |  | | | | | | | | | | | | | | | | | | | | | | |
| **E-mail** |  | | | | | | | | | | | |  | | | | | | |  | | | |
| **Assistant/**  **Associate** |  | | | | | | | | | | | | | | | | | | | | | | |
| **E-mail** |  | | | | | | | | | | | | **Consultation hours** | | | | | | |  | | | |
| **Assistant/**  **Associate** |  | | | | | | | | | | | | | | | | | | | | | | |
| **E-mail** |  | | | | | | | | | | | | **Consultation hours** | | | | | | |  | | | |
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| **Mode of teaching** | Lectures | | | | Seminars and workshops | | | | | Exercises | | | | | E-learning | | | | | | | | Field work |
| Individual assignments | | | | Multimedia and network | | | | | Laboratory | | | | | Mentoring | | | | | | | | Other |
| **Learning outcomes** | | | | | Understand the basic principles of correct nutrition, distribution and types of meals before, during, and after physical activity; be able to use literature; be able to discuss orally and in writing. Students will be able to talk about the role of macronutrients in specific energy systems used for sports and physical activities. Students will be able to discuss the role of proteins and amino acids in repairing and growth of muscles. | | | | | | | | | | | | | | | | | | |
| **Learning outcomes at the Programme level** | | | | | Students will be able to describe needs for liquids and electrolytes before, during, and after sports activities. Know how to use recommended food and liquids for certain groups and sports, and plan an appropriate nutrition for training periods.  Be able to describe how the body composition is measured and how the food intake is estimated.  Critically estimate the role of micronutrients, ergogenic aids, and food supplements in sports performances.  Discuss the issues of nutrition when athletes compete in extreme climate and geographic conditions. | | | | | | | | | | | | | | | | | | |
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| **Assessment criteria** | Class attendance | | | | Preparation for class | | | | | Homework | | | | | Continuous evaluation | | | | | | | | Research |
| Practical work | | | | Experimental work | | | | | Presentation | | | | | Project | | | | | | | | Seminar |
| Test(s) | | | | Written exam | | | | | Oral exam | | | | | Other: | | | | | | | | |
| **Conditions for permission to take the exam** | 50% seminar 50% written exam | | | | | | | | | | | | | | | | | | | | | | |
| **Exam periods** | Winter | | | | | | | | | Summer | | | | | | | Autumn­ | | | | | | |
| **Exam dates** |  | | | | | | | | |  | | | | | | |  | | | | | | |
| **Course description** | The aim of this course is to provide students with the knowledge on nutrition, particularly for improvement of sports performance and fitness level, types of food and dietary needs for specific types of sports and specific groups (e.g. children, top athletes). An additional objective is to provide students with the knowledge on how to estimate the nutritive status of athletes.  The science of sports nutrition is a discipline that has existed for several decades and is being developed as a combination of the science of nutrition and sports medicine. Practical settings of sports nutrition that are applied in planning athletes’ nutrition are being continuously modified and supplemented. Following recent research and knowledge on athletes and recreational sportsmen’s nutrition is the topic of this course that aims at directing towards present recommendations. | | | | | | | | | | | | | | | | | | | | | | |
| **Course content** | 1. *History of sports nutrition* 2. *1.Anatomy of the digestive system* 3. *2.Nutrients* 4. *3.Micronutrients* 5. *4.Meal planning* 6. *5.Relationship between physical exercise and health* 7. *6.Effects of food on the hormone system* 8. *7.Types of diets* 9. *8.Food supplements* 10. *9.Nutrition strategy for building muscle mass* 11. *10.Nutrition strategy for decreasing subcutaneous fat* 12. *Nutrition in different geographical and climatic conditions* | | | | | | | | | | | | | | | | | | | | | | |
| **Required reading** | Zvonimir Šatalić, Maroje Sorić, Marjeta Mišigoj-Duraković Sportska prehrana (2016) Zagreb : Znanje,. Benardot, D. (2006) Advenced Sport Nutritition. Human kinetiks Healthline | | | | | | | | | | | | | | | | | | | | | | |
| **Additional reading** |  | | | | | | | | | | | | | | | | | | | | | | |
| **Internet sources** | https://www.researchgate.net/publication/326848424\_Healthy\_Athlete%27s\_Nutrition | | | | | | | | | | | | | | | | | | | | | | |
| **Assessment criteria of learning outcomes** | Final exam only | | | | | | | | | | | | | | | | | | | | |  | |
| Final written exam | | | | | | Final oral exam | | | | | | | Final written and oral exam | | | | | | | | Practical work and final exam | |
| Only test/homework | | | | Test/homework and final exam | | | | | Seminar paper | | | | Seminar paper and final exam | | | | | Practical work | | | | other forms |
| **Calculation of final grade** | / | | | | | | | | | | | | | | | | | | | | | | |
| **Grading scale** |  | | | | % Failure (1) | | | | | | | | | | | | | | | | | | |
|  | | | | % Satisfactory (2) | | | | | | | | | | | | | | | | | | |
|  | | | | % Good (3) | | | | | | | | | | | | | | | | | | |
|  | | | | % Very good (4) | | | | | | | | | | | | | | | | | | |
|  | | | | % Excellent (5) | | | | | | | | | | | | | | | | | | |
| **Course evaluation procedures** | Student evaluations conducted by the University  Student evaluations conducted by the Department  Internal evaluation of teaching  Department meetings discussing quality of teaching and results of student evaluations  Other | | | | | | | | | | | | | | | | | | | | | | |
| **Note /Other** | In accordance with Art. 6 of the *Code of Ethics* of the Committee for Ethics in Science and Higher Education, “the student is expected to fulfil his/her obligations honestly and ethically, to pursue academic excellence, to be civilized, respectful and free from prejudice.”  According to Art. 14 of the University of Zadar's *Code of Ethics*, students are expected to “fulfil their responsibilities responsibly and conscientiously. […] Students are obligated to safeguard the reputation and dignity of all members of the university community and the University of Zadar as a whole, to promote moral and academic values and principles. […]  Any act constituting a violation of academic honesty is ethically prohibited. This includes, but is not limited to:  - various forms of fraud such as the use or possession of books, notes, data, electronic gadgets or other aids during examinations, except when permitted;  -various forms of forgery such as the use or possession of unauthorised materials during the exam; impersonation and attendance at exams on behalf of other students; fraudulent study documents; forgery of signatures and grades; falsifying exam results.”  All forms of unethical behaviour will result in a negative grade in the course without the possibility of compensation or repair. In case of serious violations the *Rulebook on Disciplinary Responsibility of Students at the University of Zadar* will be applied.  In electronic communications only messages coming from known addresses with a first and a last name, and which are written in the Croatian standard and appropriate academic style, will be responded to.  This course uses the Merlin system for e-learning, so students are required to have an AAI account. | | | | | | | | | | | | | | | | | | | | | | |