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| **UNIVERSITY OF NIŠ** | | | | | | |
| **Course Unit Descriptor** | | **Faculty** | | | **Faculty of Sport and Physical Education** | |
| **GENERAL INFORMATION** | | | | | | |
| Study program | | | | **Specialist Professional Studies, Sport** | | |
| Study Module (if applicable) | | | |  | | |
| Course title | | | | Nutrition and supplements use in athletes 1 | | |
| Level of study | | | | ☒Specialist professional ☐ Master’s ☐ Doctoral | | |
| Type of course | | | | ☐ Obligatory ☒ Elective | | |
| Semester | | | | ☐ Autumn ☒Spring | | |
| Year of study | | | | First | | |
| Number of ECTS allocated | | | | 6 | | |
| Name of lecturer/lecturers | | | | Dragan Radovanović, Ph.D, full professor; Ljiljana Bjelaković, Ph.D, assistant professor | | |
| Teaching mode | | | | ☒Lectures ☒Group tutorials ☐ Individual tutorials  ☐Laboratory work ☐ Project work ☐ Seminar  ☐Distance learning ☐ Blended learning ☒ Other | | |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** | | | | | | |
| *Acquisition of knowledge on the sources of nutritious substances and specific energy needs of athletes enables students to create on their own nutrition of athletes' strategy and planning of nutrition for specific sports.* | | | | | | |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** | | | | | | |
| **Theory: Carbohydrates intake and physical activities/training. Fats as nutrient for athletes. Proteins as nutrient for athletes, Vitamins, minerals and micro elements in nutrition. General notions and specic aims of the athletes’ supllement intake. Eating disorders in athletes and their prevention, Specific dangerous of the supplements use in sport. Practicals: Dietary and fluids intake schedule on a daily basis, Preparation of daily meals for strength and speed sports, Preparation of daily meals for aerobic endurance sports, Preparation of daily meals for combined strength and endurance sports. Strategy of adequate nutrition and supplement intake for specific energy needs. Athletes’ nutrition and supplement intake monitoring.** | | | | | | |
| **LANGUAGE OF INSTRUCTION** | | | | | | |
| ☒Serbian (complete course) ☒ English (complete course) ☐ Other \_\_\_\_\_\_\_\_\_\_\_\_\_ (complete course)  ☐Serbian with English mentoring ☐Serbian with other mentoring \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | |
| **ASSESSMENT METHODS AND CRITERIA** | | | | | | |
| **Pre exam duties** | **Points** | | **Final exam** | | | **points** |
| **Theory** | **5** | | **Written (Oral) examination** | | | **30** |
| **Practicals** | **5** | |  | | |  |
| **Colloquium1** | **10** | |  | | |  |
| **Colloquium 2** | **10** | |  | | |  |
| **Seminar paper** | **20** | |  | | |  |
| **Interactive teaching** | **20** | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |