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| **Course** | **SPORTS NUTRITION** |
| **Type** | **Semester** | **ECTS** |
| **MANDATORY (O)**  | **V** | **5** |
|  **Course lektor** | **Prof. Asst Dr. Masar Gjaka, Dr. Sc. Abedin Bahtiri** |
| **Goals and Objectives** | The aim of the course is to enable students to understand and learn about modern methods of evaluating food and nutritional supplements and identify factors that affect health, as well as functional ability in those who exercise regularly and in elite athletes. Furthermore, this course provides practical knowledge about the preparation of an individual nutrition program and food supplement plan for people who exercise regularly and elite athletes. This course also aims to provide information about food and its connection to various health problems. |
| **Learning outcomes** | After successful completion of this course, students will: * Understand the fundamental principles of nutrition and their relevance to athletic performance.
* Analyze the macronutrient requirements for different types of athletes and sports activities.
* Evaluate the role of micronutrients in supporting physiological functions and athletic performance.
* Assess hydration needs and strategies for optimal fluid balance during exercise and recovery.
* Examine the impact of dietary supplements on athletic performance, health, and regulatory considerations.
* Develop personalized nutrition plans for athletes based on their specific energy needs, goals, and dietary preferences.
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| **Content** | 1. Introduction to Sports Nutrition
2. Energy and exercise systems;
3. Macronutrients; Carbohydrates
4. Fats
5. Proteins
6. Micronutrients; Daily requirements of vitamins
7. First intermediate testing
8. Daily requirements of minerals
9. Importance of water in people who exercise regularly and in elite athletes
10. Food and recovery
11. Food supplements;
12. Nutrition and nutritional supplements before, during and after exercise;
13. Weight and composition of the body;
14. The Anti-Doping Code, list of banned substances and consequences of anti-doping rule violations.
15. Second intermediate testing
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| **Teaching methods** | Theoretical lectures, laboratory exercises, seminars, workshops, tasks, independent learning, individual and group work etc. |
| **Assessment** | 1. Participation and engagement in class discussions (20%)
2. Quizzes and assignments (30%)
3. Midterm exam (20%)
4. Final project: Personalized nutrition plan for an athlete (30%).
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| **Literature** | 1. Doyle, J. Andrew Dunford, Marie - Nutrition for sport and exercise-Delmar Cengage Learning (2019)
2. Lanham-New, S., Stear, S., Shirreffs, S., & Collins, A. (2011). Sport and exercise nutrition. The Nutrition Society.
3. Rawson, E. S., & Volpe, S. (2015). Nutrition for elite athletes. CRC Press.

In addition to the books shown, updated scientific publications will be used to prepare lectures, which will be made available to students through the moodle platform. |
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