

Subject	Nutrition, health and exercise		
Type	Type	Semester	ECTS
	MANDATORY (M)	IV	3
Lecturer	Dr. Sc. Masar Gjaka		
Aims and Objectives	The aim of the course is to enable students to understand and learn about the modern methods of assessment of nutrition and supplementation and identify factors that affect functional ability in health and in those who exercise regularly and elite athletes. Moreover, this course offers practical knowledge about preparing an individual nutrition program and supplementation plan for people who exercise regularly and elite athletes. Additionally, the course intends also to offer information regarding nutrition and its relation to different health issues.		
Learning Outcomes	<p>Upon successful completion of the course, students will:</p> <ul style="list-style-type: none"> ✓ Understand the importance of nutrients in human body. ✓ Have also knowledge for each nutrient separately including the basics related to balanced diet and fluids in sports. ✓ Be able apply the acquired knowledge regarding nutrition through planning, implementing and monitoring individual nutrition plans for people who exercise regularly, elite athletes as well as people with health-related problems. ✓ Be aware of the existing list of banned substances (list of WADA) to be used in sport. 		
Content	Week	Topics	
	1	Introduction to Nutrition in Health and Exercise	
	2	Basal metabolism and daily energy needs depending on the intensity of physical activity and exercise;	
	3	Macronutrients; Carbohydrates,	
	4	Fats	
	5	Proteins	
	6	Micronutrients; Daily requirements of vitamins	
	7	Mid-term exam – 1	
	8	Daily requirements of minerals	
	9	Importance of water for people who exercise regularly and athletes.	
	10	Proper nutrition as important part of good recovery.	
	11	Supplementation	
	12	Specifics of nutrition and supplementation before, during and after training.	
	13	Specifics of nutrition and supplementation in sports with the restriction of body weight.	
	14	Anti-Doping Code, the list of prohibited substances and the consequences of violations of anti-doping rules.	
15	Mid-term exam – 2		
Teaching/Learning Methods	Activity	Weight (%)	
	Lectures	60%	
	Research	10%	
	Independent learning	30%	
Assessment Methods	Methods of assessment:	%	
	Participation	10%	
	a) Mid-term exam -1	20%	
	b) Mid-term exam - 2	20%	

	Seminars		10%
	Individual and group work		10%
	Final exam		30%
Resources	Resources		Number
	Lectures		1
	Presentations		1
	Web of science		1
	PubMed		1
	Scopus		1
ECTS Workload	Activity	Weekly hours	Workload
	Lectures	2	24
	Independent learning	n/a	30
	Examination preparation	n/a	21
Literature	<ul style="list-style-type: none"> • Lanham-New, S., Stear, S., Shirreffs, S., & Collins, A. (2011). Sport and exercise nutrition. The Nutrition Society. • Rawson, E. S., & Volpe, S. (2015). Nutrition for elite athletes. CRC Press. • Bushman, B., & American College of Sports Medicine. (2017). ACSM's Complete Guide to Fitness & Health, 2E. Human Kinetics. <p>Beside the indicated books, scientific publications relevant to the field will be used to prepare the lectures, which will be made available for students through the moodle platform.</p>		
Ethical standards	<p>This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.</p>		
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