Subject	**Diet and Nutritional Supplements in Sports Activities**		
Type	Type	Semester	ECTS
	ELECTIVE (E)	1	3
Lecturer	Dr. Sc. Abedin Bahtiri		
Aims and Objectives	The aim of the course is to enable students to understand and analyze the importance of proper nutrition in regular exercisers and elite athletes. Furthermore, this course offers practical knowledge about the preparation of an individual nutrition program and supplement plan for people who are regularly involved in sport		
Learning Outcomes	Upon completion of this module, students shall be able to: • Understand the importance of nutrients in the human body. • Have also knowledge of each nutrient separately including basics related to balanced diet and fluids in sport. • Be able to assess and analyze the daily energy requirements of people who are physically active. • Be able to apply nutrition knowledge through planning, implementing and monitoring individual nutrition plans for regular exercisers, elite athletes. • Be able to prescribe proper nutrition before, during and after physical activity.		
Content	**Week**	**Topics**	
	1	Syllabus presentation	
	2	Introduction to Nutrition in Sport	
	3	Nutrition, fitness and health	
	4	Understanding and meeting nutrient needs	
	5	Understanding what happens when we exercise	
	6	Basic energy systems	
	7	**Mid-term exam – 1**	
	8	Energy and nutrient needs of athletes	
	9	The importance of electrolytes and water	
	10	What should athletes eat?	
	11	Ergogenic Supplements and their safety	
	12	Nutrition problems common among athletes	
	13	Weight Management	
	14	Nutrition for different age groups	
	15	**Mid-term exam – 2**	
Teaching/Learning Methods	Activity		Weight (%)
	Lectures		40%
	Lab		40%
	Research		10%
	Independent learning		10%
Assessment Methods	**Methods of assessment:**		%
	Participation		10%
	a) Mid-term exam -1		30%
	b) Mid-term exam - 2		30%
	Diet report		30%
ECTS Workload	**Activity**	**Weekly hours**	**Workload**
	Lectures	2	24
	Lab	n/a	12
	Independent learning	n/a	29
	Examination preparation	n/a	10
Literature			

	1. Lanham-New, S., Stear, S., Shirreffs, S., & Collins, A. (2011). Sport and exercise nutrition. The Nutrition Society. 2. Lori A. Smolin, Ph.D., and Mary B. Grosvenor, M.S., R.D. (2010). Nutrition for Sports and Exercise, 3. Rawson, E. S., & Volpe, S. (2015). Nutrition for elite athletes. CRC Press. 4. Bushman, B., & American College of Sports Medicine. (2017). ACSM's Complete Guide to Fitness & Health, 2E. Human Kinetics.
Ethical standards	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.
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