

UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet: ŠPORTNA PREHRANA
Course title: SPORTS NUTRITION

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Športno treniranje; prva stopnja		3	5
Športna vzgoja; prva stopnja		3	5

Vrsta predmeta / Course type

Obvezni/Obligatory in izbirni (ŠV)

Univerzitetna koda predmeta / University course code:

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
30		15			45	3

Nosilec predmeta / Lecturer:

Prof. dr. Edvin Dervišević, dr. med.

**Jeziki /
Languages:**

**Predavanja /
Lectures:** Slovenski/Slovenian

Vaje / Tutorial: Slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Opravljeni pogoji za vpis v letnik študija v katerem se bo predmet izvajal.
Opravljen izpit iz anatomije, fiziologije, medicine športa 1 in 2.

Prerequisites:

Passed the conditions for entry into the year of study in which the subject will be implemented.
Completed courses in anatomy, physiology, sports medicine 1 and 2.

Vsebina:**PREDAVANJA**

- Prehrana in zdravje
- Prehrana in šport
- Ogljikovi hidrati in šport
- Glikemični indeks
- Maščobe in šport
- Beljakovine in šport
- Rudnine in vitamini
- Hidracija športnika
- Prehrana kot temelj regeneracije športnika
- Prehranska dopolnila v športu
- Alternativni načini prehranjevanja v športu
- Prehrana športnikov na potovanjih
- Načrtovanje športne prehrane

VAJE

- Ocena telesne sestave
- Merjenje in ocenjevanje stopnje presnove v mirovanju
- Ocenjevanje in merjenje stopnje telesne dejavnosti
- Načini spremljanja dnevnega vnosa živil
- Izguba tekočine med telesno dejavnostjo
- Izračun energetske in tekočinske bilance
- Izdelava prehranskega jedilnika

Content (Syllabus outline):**LECTURES**

- Nutrition and health
- Nutrition and sports
- Carbohydrates and sport
- Glycemic index
- Fats and sport
- Protein and sport
- Minerals and vitamins in sport
- Hydration of the athlete
- Nutrition as the foundation of regeneration athlete
- Food supplements in sport
- Alternative diets in sport
 - Planning of sports nutrition

EXERCISES

- Assessment of body composition
- Measurement and evaluation of resting metabolic rate
- Evaluating and measuring the levels of physical activity
- Monitoring daily intake of food
- The fluid loss during exercise
- Calculation of the energy and fluid balance
- Creating a food menu

Temeljni literatura in viri / Readings:

- Edvin Dervišević, Vidmar Jože. Vodič športne prehrane. Ljubljana: Fakulteta za šport, 2009. 216 str.,
- Ustrezni znanstveni članki po priporočilu predavatelja.

Cilji in kompetence:

Osnovni cilj predmeta je seznaniti študente z temeljnimi dietetičnimi pojmi in dati teoretične in praktične podlage za oblikovanje različnih režimov prehrane. Poznati potek absorpcije, prebave in presnove ogljikovih hidratov, maščob in beljakovin. Okvirno poznavanje presnovnih poti ogljikovih hidratov, beljakovin in maščob. Seznanjenost s pomenom vnosa vitaminov, mineralov in antioksidantov v telo, virov vitaminov in mikronutrientov ter vedenje o dodajanju teh snovi v redno prehrano. Seznanjenost s pomenom hidracije in dehidracije ter obvladovanje osnovne tekočinske bilance telesa.

Objectives and competences:

The main objective of the course is to acquaint students with the basic dietary concepts and provide theoretical and practical basis for the creation of different dietary regimes. Know the absorption, digestion and metabolism of carbohydrates, fats and proteins. Roughly knowledge of the metabolic pathways of carbohydrates, proteins and fats. Familiarity with the importance of intake of vitamins, minerals and antioxidants in the body, sources of vitamins and micronutrients, and behavior on the addition of these substances in the regular diet.

Sposobnost integracije pridobljenih znanj skozi oblikovanje zdravega režima prehrane
Poznavanje posebnosti posameznika glede prehrane (starost, spol, stopnja telesne aktivnosti in podobno).

Familiarity with the importance of hydration and dehydration, and management of primary fluid balance of the body.
The ability to integrate acquired knowledge through the creation of a healthy diet regime
Knowledge of the peculiarities of the individual with regard to nutrition (age, sex, physical activity levels, and the like).

Predvideni študijski rezultati:

Znanje in razumevanje:
Razumeti pomen prehrane za ohranjanje in izboljšanje zdravja. Poznavanje osnovnih hranil (ogljikovi hidrati, maščobe, beljakovine). Okvirno razumevanje prebave in presnove teh snovi v telesu. Poznavanje pomena energetske in tekočinske bilance. Razumevanje prehranske piramide in prilagajanja prehrane stopnji telesne aktivnosti posameznika.

Intended learning outcomes:

Knowledge and understanding:
Understand the importance of nutrition in maintaining and improving health. Knowledge of basic nutrients (carbohydrates, fats, proteins). Roughly understanding of digestion and metabolism of these substances in the body. Knowing the importance of energy and fluid balance. Understanding the food pyramid and adjustment of diet physical activity levels of the individual.

Metode poučevanja in učenja:

Predavanja v obliki na problemih temelječega učenja, praktične vaje iz športne prehrane

Learning and teaching methods:

Problem based learning, lectures, tutorials: sports nutrition

Načini ocenjevanja:

Način (pisni izpit, ustno izpraševanje, naloge, projekt)

- Izpit je izključno pisni v obliki »multiple choice« testa. Meja za pozitivno oceno je 60%. Ocene so od 6-10 (pozitivno) oz. 1-5 (negativno) glede na doseženi odstotek točk.
- Pogoj za opravljanje izpita v je opravljen praktični kolokvij iz športne prehrane. Ocena vaj lahko vpliva na končno oceno pri predmetu.

Delež (v %) /

Weight (in %) /

Assessment:

Type (examination, oral, coursework, project):

- The exam is written in the form of "multiple choice" test. The limit for the pass mark is 60%. Ratings are from 6-10 (positive) and. 1-5 (negative) relative to the achieved percentage points.
- Requirement for the written exam is the positive grade from tutorials in sports nutrition. The grade from the tutorials can affect the final grade.

100%

Reference nosilca / Lecturer's references:

1. Edvin Dervišević, Vidmar Jože. Vodič športne prehrane. Ljubljana: Fakulteta za šport, 2009. 216 str., - visokošolski učbenik z recenzijo