CURRICULA OF THE COURSE
(SYLLABUS)

NAME OF THE DEPARTMENT LEADING THE COURSE:

Faculty of Health Sciences, Department of Preventive Medicine ul. Żeligowskiego 7/9, Head of the Department: Prof. dr hab. n. med. Magdalena Kwaśniewska

NAME OF THE FIELD OF STUDY: International Doctoral School

EDUCATION PROFILE: general academic

SPECIALITY: -

EDUCATION LEVEL: third degree studies

1. **Name of the course:** Nutrition for physically active people regarding discipline and extreme environmenta conditions.

2. **Code of the course:**

3. **Type of the course:** facultative

4. **Aim of the course:** To familiarize students with the nutritional recommendations for physically active people in the context of the discipline characteristics and environment of training.

5. **Form of study:** stationary

6. **Year of study:**

7. **Form of classes and number of hours for each form of classes:**

   Seminar: 15 hours, hybrid

8. **The number of ECTS credits and their distribution, taking into account the individual forms of student work:**

9. **Name and surname of the lecturer:**

   Prof. UM Anna Lipert, PhD

10. **Prerequisites:**

11. **Teaching methods:**

    Seminar – in the form of a multimedia presentation; discussion; individual and group work; case studies.

12. **Content of the course:**

    1. Recommendations for proper nutrition for individuals undertaking various forms of physical activity in light of current scientific research. The planetary diet and sport. Methods for estimating daily energy expenditure (practical part - a case study using remote practical tools)

Form: in-person

2. Supporting the capacity for physical exercise - types and applications. Anti-doping regulations (practical part - a quiz using remote practical tools)
Form: online

3. Sports nutrition in extreme environmental conditions. The impact of climate on athletic preparation (practical part - a case study using remote practical tools)
Form: online

13. Learning Outcomes:

Knowledge:

P8S_WG Knows and understands the main development trends of scientific disciplines in which education takes place

Skills:

P8S_UW Is able to make a critical analysis and evaluation of the results of scientific research, expert activity and other creative works and their contribution to the development of knowledge

P8S UK Is able to participate in the scientific discourse

Social competence:

P8S_KK Is ready to critically evaluate the achievements within a given scientific discipline; critical evaluation of one's own contribution to the development of a given scientific discipline; recognizing the importance of knowledge in solving cognitive and practical problems

14. Literature:

Recommended for reading during classes.

15. Methods and ways of verifying the learning outcomes, including the form and conditions of completing the course:

Attendance at the seminar, active participation in classes, and completing assignments as part of your own work, including during online classes, are required to pass the seminar. Failure to participate or attend classes requires passing the final test.

16. Additional information:

Consultations for students indirectly by e-mail or directly at the Department of Preventive Medicine, ul. Żeligowskiego 7/9 Lodz

Prof. Anna Lipert, PhD. anna.lipert@umed.lodz.pl;

17. Declaration:

I declare that the program content contained in this syllabus is the result of my individual creative work performed as part of an employment/cooperation relationship resulting from a civil law contract and that third parties are not entitled to proprietary copyrights.

18. Dean's signature:

19. Data: