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| 1. Course title: **Dietetics** | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): lecture | | | |
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| 4. Contact hours: 2 hoursper week | | 5. Number of credits (ECTS): 2 | | | |
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| 6. Preliminary conditions (max. 3):   * none | | | | | |
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| 7. Announced:fall semester, spring semester, both | | | | | |
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| 8. Limit for participants: 150 | | | | | |
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| 10. Responsible teacher (faculty, institute and department):  Dr. Wilhelm Márta (Faculty of Sciences, Institute of Sport Sciences and Physical Education, Dept. of Leisure Sports and Recreation) | | | | | |
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| 11. Teacher(s) and percentage: | | Dr. Márta WILHELM | | 100 % | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  Objectives: The lecture intends to introduce students to the characteristics of the human energy metabolism and energy balance. An overview is provided in the characteristics of general rules of healthy diet and nutrition. The course gives an insight into the biological background of diet planning and strategies of supplementation in sport.  **Learning outcomes**:   1. Understanding metabolism, diet, food consumption, and the complex interaction of these. 2. Understanding the basic principles of healthy diet and healthy food choice in life and elite sport      1. Understanding the correlation between body structure, health and diet, sport performance and diet. 2. Understanding the concept of diet/sport diet planning, the student is able to analyze and plan his/her own diet. | | | | | |
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| 14. Course outline   1. Description of the gastrointestinal system, food and nutrition 2. Chalorimetry, definition of calory, energy balance in the body 3. Definition, measurement and calculation of Basal Metabolic Rate 4. Definition, measurement and calculation of Daily Energy Expenditure 5. Healthy diet, Rainbow model, Food pyramid, Plate, Greek column 6. Water balance, water/liquid consumption, water need of the body in healthy diet, and after physical activity 7. Calorigen molecules in the body, carbohydrate need, glikemic index, carbohydrate need in sports   Week 9 Function and structure of vitamins, vitamin need, hypo-, hypervitaminosis, vitamin supplementation  Week 10 Micronutrients in the diet, function of micronutrients in the body, supplementation  Week 11 Proteins in the body, function, structure. Essential AA. Nitrogen-balance, protein needs in health and sports.  Week 12 Fat, lipids in the body, essential fatty acids, lipid need, lipid balance. Body structure and diet, fat consumption and energy balance.  Week 13 Energy balance and diet in sports | | | | | |
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| 15. Mid-semester works  Attending lectures is highly recommended.  4th week: Calculating own BMR, and TDEE.  7th week: Describing own diet for 3 days, and analyzing it according to the concept of food pyramid (first and second level)  12th week: Complex analyzation of own diet according to the concept of food pyramid | | | | | |
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| 16. Course requirements and grading  Written exam is based on lectures, accessible electronic sources and lecture materials. Most common questions in the structure of end term examination are: describing notions, relations, recognizing figures, analysis, multiple choice questions.  Written exam in the exam period.  Final score: 1/3 from the score of home works, 2/3 from the exam score:  Final marks:  0–49% not satisfactory  50–64% satisfactory  65–74% average  75–84% good  85–100% excellent | | | | | |
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| 17. List of readings  1, McCardle, Katch, Katch (2009) Exercise Physiology: Nutrition, Energy, and Human Performance (Lippincott Williams & Wilkins)  **2,** Gibney, M.J. (Ed), Lanham-New, S.A. (Ed), Cassidy, A. (Ed), Vorster, H.H. (Ed) (2002) Introduction to Human Nutrition.Wiley and BlackwellISBN-13: 978-1405168076  Duncan, A.W. The chemistry of food and nutrition. ebook | | | | | |
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| 18. Recommended texts, further readings   1. An electronic textbook is available from the lecturer. | | | | | |
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| **Date** | 9 May 2017 | **Prepared by** |  | | |
| Dr. Márta WILHELM  responsible teacher | | |
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| **Endorsed by** | | |  | | |
| Dr. Márk Váczi  program supervisor | | |