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| **UNIVERSITY OF NIŠ** | | | | | | |
| **Course Unit Descriptor** | | **Faculty** | | | **Faculty of Sport and Physical Education** | |
| **GENERAL INFORMATION** | | | | | | |
| Study program | | | | **Master Academic Studies, Physical Education And Sport** | | |
| Study Module (if applicable) | | | |  | | |
| Course title | | | | Nutrition and supplements use in athletes 2 | | |
| Level of study | | | | ☐Bachelor ☒ Master’s ☐ Doctoral | | |
| Type of course | | | | ☐ Obligatory☒ Elective | | |
| Semester | | | | ☐ Autumn ☒Spring | | |
| Year of study | | | | First | | |
| Number of ECTS allocated | | | | 6 | | |
| Name of lecturer/lecturers | | | | Dragan Radovanović, Ph.D, full professor;  Ljiljana Bjelaković, Ph.D, assistant professor | | |
| Teaching mode | | | | ☒Lectures ☒Group tutorials ☐ Individual tutorials  ☐Laboratory work ☐ Project work ☐ Seminar  ☐Distance learning ☐ Blended learning ☒ Other | | |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** | | | | | | |
| *By gaining knowledge about the sources of nutrients and specific energy needs of athletes, student acquires basis for the creation of strategy of sports nutrition and diet planning for specific sports.* | | | | | | |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** | | | | | | |
| **Carbohydrates, fats and proteins in the diet of athletes. Specific aspects of water metabolism in athletes. Vitamins, minerals and microelements in the diet. Specific objectives of the supplementation in athletes. Eating disorders in athletes. Specific dangers of supplements use. Timetable of energy nutrients and fluids intake. Designing daily nutritious meals for strength and speed sports, for aerobic endurance sports, sports that require a combination of strength and endurance. Strategies of the nutrition and supplementation for specific energy needs. Control of nutrition and supplementation of athletes.** | | | | | | |
| **LANGUAGE OF INSTRUCTION** | | | | | | |
| ☒Serbian (complete course) ☒ English (complete course) ☐ Other \_\_\_\_\_\_\_\_\_\_\_\_\_ (complete course)  ☐Serbian with English mentoring ☐Serbian with other mentoring \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | |
| **ASSESSMENT METHODS AND CRITERIA** | | | | | | |
| **Pre exam duties** | **Points** | | **Final exam** | | | **points** |
| **Theory** | **5** | | **Theory examination** | | | **30** |
| **Practicals** | **5** | |  | | |  |
| **Colloquium1** | **10** | |  | | |  |
| **Colloquium 2** | **10** | |  | | |  |
| **Seminar paper** | **20** | |  | | |  |
| **Interactive teaching** | **20** | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |