



Faculty of Health, Science and Technology
Sports Science

Syllabus

Course Approval

The syllabus was approved by the Faculty Board of Health, Science and Technology on 10 December 2013 , and is valid from the Spring semester of 2014 at Karlstad University.

Course Code: IDGCC2

Diet and nutrition, 7.5 ECTS Credits

(Kost- och näringslära, 7.5 Swedish credit points)

Degree Level: Bachelor

Progressive Specialisation: G2F (First cycle, has at least 60 credits in first-cycle course/s as entry requirements)

Language of Instruction

Swedish

Prerequisites

Sports Science I 30 ECTS cr and Sports Science II 30 ECTS cr or equivalent sports-and health-related education. Health and Wellness programme students: 90 ECTS cr (terms 1-3 completed). Nursing programme students: 60 ECTS cr (terms 1-2 completed)

Major Field of Study

IVA (Sports Science)

Learning Outcomes

Upon completion of the course, students should be able to:

- give an account of the properties, functions, and metabolism of nutrients in the body,
- give an account of the need of nutrients and liquids in relation to health and varying physical activities at different levels,
- explain the importance of planning meals in relation to physical activity, performance, and recovery, as well as to general well-being,
- give health and performance promoting advice on diet to the general public and to active sports people at different levels,
- demonstrate ability to evaluate food supplement in relation to health and performance,
- analyse a diet and activity journal and give directives for the intake of energy, nutrition and liquid

Content and Form of Instruction

Instruction is in the form of lectures, group work and practical activities.

Different nutrients, digestion, and metabolism are studied, as well as the need for energy, liquid and salts, and how nutrients affect general health, performance and recovery in different sports and for individual sportspeople. Students learn to give advice on health and performance promoting diets and practice cost analysis methodology to design individual diet plans adjusted to individual need of energy in relation to physical activity and training. Also the importance of meal planning for physical activity, optimal performance,

recovery, and general health is treated. Food supplements available on the market and their effect on sports performance and/or possible health risks are treated.

Reading List

See separate document.

Examination

Assessment is in the form of a written individual take-home exam which is discussed in a mandatory seminar.

Grades

One of the grades Fail (U), Pass (G), or Distinction (VG) is awarded in the examination of the course. Assessment criteria are specified in the study guides.

Quality Assurance

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course assessment is based on student views and experiences as reported in written course evaluations and/or group discussions. Students will be informed of the result of the evaluation and of the measures to be taken.

Course Certificate

A course certificate will be provided upon request.

Additional Information

Students who enrolled before 1 July 2007 will complete their studies in accordance with the requirements of the earlier admission. Upon completion students may request degree and course certificates to be issued under the current ordinance if they meet its requirements.

The local regulations for studies at the Bachelor's and Master's levels at Karlstad University stipulate the obligations and rights of students and staff.

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