



LUNDS UNIVERSITET

Medicinska fakulteten

Board of Rehabilitation Sciences Education, NRU

IDRN08 Human Nutrition

7.5 higher education credits

Second cycle Level 1F

General Information

Main field

Sports Science

Type of course

The course is a compulsory component of the Master programme in Sports Science. The course can also be offered as contract education. The courses in the programme must be studied in the order in which they are offered. The course complies with the regulations of the Higher Education Ordinance (1993:100 with later amendments).

Language of instruction

English

Learning Outcomes

The aim of the course is to provide students with an increased understanding and holistic view of human nutrition and metabolism with a focus on how the properties of various types of food and the components of various primary products affect the functions of the body, in order to assimilate principles for the development of functional foods, i. e. types of food that are more conducive to health than ordinary foodstuffs or food that improves physical performance.

Knowledge and understanding

On completion of the course students shall be able to

- describe how different components of food are digested, distributed and transformed in the body
- characterise and assess the nutritional content of various types of food
- describe how different components of food affect the functions of the body
- give a general account of the regulations pertaining to functional foods, assertions on health and food safety.

Skills and abilities

On completion of the course the student shall be able to

- describe and assess the significance of food for diet-related diseases and physical performance
- apply nutritional recommendations on daily intake of various ingredients in describing individual meals or nutritional intake for a day
- describe the relationship between intestinal microorganisms, nutrition and health
- describe and discuss, orally and in writing, how different primary products or food processes can be used to develop functional foods.

Judgement and approach

On completion of the course the student shall be able to

- analyse and assess information on nutrition and health, including the benefits of functional foods, in a critical manner
- demonstrate the ability to cooperate in groups of various types.

Course Content

The course will provide increased knowledge and understanding of selected areas within human nutrition in relation to health and sports, for example with regard to the nutritional value and bioactive components of various types of food and their function in the human body. Examination of one's own dietary habits. The theoretical components of the course are complemented with group activities and individual assignments.

Subjects examined

Human nutrition 7.5 credits

Instruction and Assessment

Instruction

Lectures, discussions of research articles, case studies and group discussions. Experts will be invited to hold lectures. Various subject areas will be discussed and different aspects of functional foods will be highlighted. Active participation will be required of students.

Compulsory exercises/seminar assignments:

- Dietary record-keeping (individual) + seminar
- "Food with health-enhancing claims". Seminar discussion.
- "Food that improves physical performance". Oral presentation, groups of 2-3 students.

Assessment

A pass on the course requires a successfully completed written examination on the whole course content, successfully completed compulsory exercises and active participation at seminars.

Grades

Grades are set for a completed course. One of the grades Pass with Distinction, Pass or Fail is awarded.

Admission Requirements

To be eligible for the course, students must have first a degree, such as a BA degree comprising 180 higher education credits or an equivalent international degree, and proficiency in English corresponding to English B from Swedish upper secondary school or the equivalent. In addition, the IDR02, IDR03 and IDR04 must have been successfully completed.

Literature

See appendix.

Further Information

Number of examinations, new examiner etc.

Theoretical courses

One examination and one opportunity to retake the examination are arranged within a month after the course. Students who do not achieve a pass on either of these occasions will be able to retake the examination on a later occasion. Students who have failed an examination on a theoretical course are entitled to retake the examination four times.

New examiner

A student who has failed two examinations on a course or module is entitled to have another examiner appointed, unless there are special reasons to the contrary (SFS 2006:1053). The request is made to the programme director.

Appendix: Literature

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Gibney M.J., Macdonald I.A. and Roche H.M.: *Nutrition & Metabolism*, NS Blackwell Publishing, 2003.
ISBN 0-632-05625-8 (primarily)

or

Abrahamsson L., Andersson A., Becker W., and Nilsson G.: *Näringslära för högskolan*, Stockholm: Liber. 2006.

In addition, there will be research articles made available on the homepage.