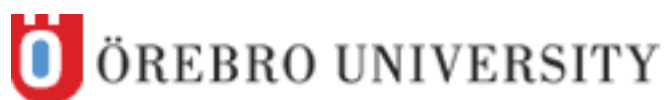


**This course syllabus is replaced by a new version.  
The new version is valid from Autumn semester 2014**



## Course Syllabus

School of Health Sciences

### Sport Science, Nutrition for Health and Training, Basic Course, 7.5 Credits

<b>Course Code:</b>	ID1030	<b>Subject Area:</b>	Field of Physical Education
<b>Main Field of Study:</b>	Sport Science	<b>Credits:</b>	7.5
<b>Education Cycle:</b>	First Cycle	<b>Subject Group (SCB):</b>	Sport Science
<b>Established:</b>	2012-11-13	<b>Progression:</b>	G1N
<b>Valid from:</b>	Autumn semester 2013	<b>Last Approved:</b>	2013-03-26
		<b>Approved by:</b>	Head of School

### Aims and Objectives

#### General aims for first cycle education

First-cycle courses and study programmes shall develop:

- the ability of students to make independent and critical assessments
- the ability of students to identify, formulate and solve problems autonomously, and
- the preparedness of students to deal with changes in working life.

In addition to knowledge and skills in their field of study, students shall develop the ability to:

- gather and interpret information at a scholarly level
- stay abreast of the development of knowledge, and
- communicate their knowledge to others, including those who lack specialist knowledge in the field.

(Higher Education Act, Chapter 1, Section 8)

#### Course Objectives

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### Main Content of the Course

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### Examination Methods

*Nutrition for Health and Training I*, 4.5 Credits. (Code: 0100)

*Nutrition for Health and Training II*, 3 Credits. (Code: 0200)

For further information, see the university's local examination regulations (in Swedish).

## Grades

According to the Higher Education Ordinance, Chapter 6, Section 18, a grade is to be awarded on the completion of a course, unless otherwise prescribed by the university. The university may prescribe which grading system shall apply. The grade is to be determined by a teacher specifically appointed by the university (an examiner).

According to regulations on grading systems for first- and second-cycle education (vice-chancellor's decision 2010-10-19, reg. no. CF 12-540/2010), one of the following grades is to be used: fail, pass, or pass with distinction. The vice-chancellor or a person appointed by the vice-chancellor may decide on exceptions from this provision for a specific course, if there are special reasons.

Grades used on course are Fail (U), Pass (G) or Pass with Distinction (VG).

### *Nutrition for Health and Training I*

Grades used are Fail (U), Pass (G) or Pass with Distinction (VG).

### *Nutrition for Health and Training II*

Grades used are Fail (U) or Pass (G).

For further information, see the university's local examination regulations (in Swedish).

## Specific entry requirements

Standard university admission requirements.

For further information, see the university's admission regulations (in Swedish).

## Transfer of Credits for Previous Studies

Students who have previously completed higher education or other activities are, in accordance with the Higher Education Ordinance, entitled to have these credited towards the current programme, providing that the previous studies or activities meet certain criteria.

For further information, see the university's local credit transfer regulations (in Swedish).

## Reading List and Other Teaching Materials

### Required Reading

Eva Blomstrand , William Apro (2009)

*Kunskapsöversikt: Kost-och näringslära inom idrotten*

Riksidrottsförbundet, 58 pages, FoU-rapport 2009:2

Livsmedelsverket (2005)

*Svenska Näringsrekommendationer. Rekommendationer om näring och fysisk aktivitet*

24 pages, (fjärde upplagan)

## Additions and Comments on the Reading List

Vetenskapliga artiklar tillkommer.