# FIŞA DISCIPLINEI

1. **Date despre program**

|  |  |
| --- | --- |
| 1.1 Instituţia de învăţământ superior | **Universitatea *"Dunărea de Jos"*din Galaţi** |
| 1.2 Facultatea | **TRANSFRONTALIERĂ** |
| 1.3 Departamentul | **ȘTIINȚE APLICATE** |
| 1.4 Domeniul de studii | **ȘTIINȚA SPORTULUI ȘI EDUCAȚIEI FIZICE** |
| 1.5 Ciclul de studii | Ciclul 2 / MASTER |
| 1.6 Programul de studii/Calificarea | **Loisir-Fitness (la Chişinǎu)** |

1. **Date despre disciplină**

|  |  |
| --- | --- |
| 2.1 Denumirea disciplinei | **Nutriția în efortul fizic** |
| 2.2 Titularul activităţilor de curs |  |
| 2.3 Titularul activităţilor de seminar |  |
| 2.4 Anul de studiu | **1** | 2.5 Semestrul | 2 | 2.6 Tipul de evaluare | **examen** | 2.7 Regimul disciplinei | **OB** |

1. **Timpul total estimat** (ore pe semestru al activităţilor didactice)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 3.1 Număr de ore pe săptămână | 3 | din care: 3.2 curs | 2 | 3.3 seminar/laborator | 1 |
| 3.4 Total ore din planul de învăţământ | 42 | din care: 3.5 curs | 28 | 3.6 seminar/laborator | 14 |
| Distribuţia fondului de timp | ore |
| Studiul după manual, suport de curs, bibliografie și notițe | 30 |
| Documentare suplimentară în bibliotecă, pe platformele electronice de specialitate şi pe teren | 30 |
| Pregătire seminarii/laboratoare, teme, referate, portofolii și eseuri | 30 |
| Tutoriat | 10 |
| Examinări | 4 |
| Alte activităţi : | 4 |
| **3.7 Total ore studiu individual** | 108 |  |
| **3.9 Total ore pe semestru** | 150 |
| **3. 10 Numărul de credite** | 6 |

1. **Precondiţii** (acolo unde este cazul)

|  |  |
| --- | --- |
| 4.1 de curriculum |  |
| 4.2 de competenţe |  |

1. **Condiţii** (acolo unde este cazul)

|  |  |
| --- | --- |
| 5.1. de desfăşurare a cursului | * videoproiector, tablă, acces la internet, utilizare platforme MS Teams, Skype, jamboard.google, email
 |
| 5.2. de desfășurare a seminarului/laboratorului**(lucrarilor practice)** | * Sală de seminar cu videoproiector, PC, tablă, acces la internet, utilizare platforme MS Teams, Skype, jamboard.google, email
 |

|  |
| --- |
| **6. Competenţele specifice acumulate** |
| **Competenţe profesionale** | C4 Înţelegerea şi valorificarea unor obiective personale cu privire la importanţa activităţilor de timp liber pentru sănătatea oamenilorC5 Dobândirea competenţelor de a folosi în mod adecvat timpul liber prin activităţile creative în detrimentul unor obisnuinţe "nocive" (computer, televizor, nutriţie necorespunzătoare, sedentarism, droguri etc.)C6 Dobândirea unor competenţe de conducere a activităţilor de loisir/ fitness în cluburi sportive, staţiuni şi tabere de recreere |

|  |  |
| --- | --- |
| **Competenţe transversale** | **CT1 Organizarea de activităţi de loisir şi fitness pentru persoane de diferite vârste şi niveluri de pregătire în condiţii de asistenţă calificată, cu respectarea normelor de etică şi deontologie profesională** |

1. **Obiectivele disciplinei** (reieşind din grila competenţelor specifice acumulate)

|  |  |
| --- | --- |
| 7.1 Obiectivul general aldisciplinei | * Predarea notiunilor de nutritie, metabolism, fiziopatologie si abordare kinetoterapeutica ale bolilor metabolice
 |
| 7.2 Obiectivele specifice | * **Cunoaştere, înţelegere, explicare şi interpretare:**

-cunoaşterea şi utilizarea adecvată a noţiunilor specifice anatomiei si fiziologiei umane;-insusirea cunostintelor teoretice si practice de baza, metodelor si mijloacelor necesare predarii disciplinei Kinetoterapie in afectiuni metabolice-asimilarea cunostintelor, metodelor si procedeelor necesare studiului disciplinei Kinetoterapie in afectiuni metabolice-dobandirea cunostintelor necesare pentru explicarea si interpretarea unor probleme aparute in procesul instructiv-educativ* **Instrumental – aplicative:**

**-**organizarea succesiunii de predare astfel incat sa scurteze durata de invatare-proiectarea activitatii didactice pe termen scurt, mediu, lung;-folosirea de instrumente informatice in modelarea pregatirii.* **Atitudinale:**

- valorificarea optima si creativa a propriului potential in activitatile stiintifice si de cercetare**-** gestionarea relatiilor cu mediul clinic si cu institutiile abilitate |

1. **Conţinuturi**

|  |  |  |
| --- | --- | --- |
| 8. 1 Curs | Metode de predare | Observaţii |
| 1. Notiuni generale de nutritie | prelegerea, power- point, video, explicaţia, dezbaterea, comunicare vizuală, studiul de caz, problematizarea,studiu individual |  |
| 2. Fiziologia exercitiului fizic |  |
| 3. Balanta energetică in efortul fizic |  |
| 4. Glucidele in efortul fizic |  |
| 5. Lipidele in efortul fizic |  |
| 6. Proteinele in efortul fizic |  |
| 7. Echilibrul hidro-electrolitic in efortul fizic |  |
| Bibliografie:1. Maria Mota. Alimentatia omului sanatos si bolnav. Editura Academiei Romane, Bucuresti, 2005
2. Maria Mota. Nutritie si dietetica in practica clinica. 2015. Ed. AGIR. ISBN: 978-973-720-560-5.
3. Societatea de Nutritie din Romania. Ghid pentru alimentatia sanatoasa. <http://old.ms.ro/documente/Ghid1_8318_6022.pdf> (accesat 10.09.2020)
4. Ghid pentru alimentatie sanatoasa in gradinite si scoli. https://[www.edu.ro/sites/default/files/\_fi%C8%99iere/Invatamant-](http://www.edu.ro/sites/default/files/_fi%C8%99iere/Invatamant-) Preuniversitar/2016/prescolar/ghiduri/Ghid%20pentru%20alimenta%C8%9Bie%20s%C4%83n%C4%83toas%C4

%83%20%C8%99i%20activitate%20fizic%C4%83%20%C3%AEn%20gr%C4%83dini%C8%9Be%20%C8%99i%20%C8%99coli.pdf1. Croitoru Cătălina, Ciobanu Elena. Ghid de bune practici: Alimentatie rationala, siguranta alimentelor si schimbarea comportamentului alimentar. Chisinau, 2019. https://library.usmf.md/sites/default/files/2019- 06/ghid\_nutritie\_romana\_CIP\_electronic.pdf
2. Nicolae Opopol, Galina Obreja,Angela Ciobanu. Nutritia in sanatatea publica. Casa editorial-poligrafică Bons
 |

|  |
| --- |
| Offices, Chişinău, 2006 <http://public-health.md/uploads/docs/bibl_virtuala/Nutritia_in_Sanatatea_Publica.pdf>1. WHO guidelines on nutrition. https://[www.who.int/publications/guidelines/nutrition/en/](http://www.who.int/publications/guidelines/nutrition/en/)
2. World Health Organization. Nutrient requirements and dietary guidelines. https://[www.who.int/nutrition/publications/nutrient/en/](http://www.who.int/nutrition/publications/nutrient/en/)
3. Food-Based Dietary Guidelines in Europe. https://ec.europa.eu/jrc/en/health-knowledge-gateway/promotion- prevention/nutrition/food-based-dietary-guidelines
4. Food-based dietary guidelines. <http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/europe/en/>
5. Food based dietary guidelines in the WHO European Region. https://[www.euro.who.int/](http://www.euro.who.int/) data/assets/pdf\_file/0017/150083/E79832.pdf
6. Sareen Gropper, Jack Smith (eds). Advanced Nutrition and Human Metabolism, Sixth edition. Wadsworth, Cengage Learning, 2013
7. Mahan LK, Escott-Stump S, editors. Krause’s Food, Nutrition and Diet Therapy, 10th edition. Philadelphia:WB Saunders Company, 2000
8. Robert Lee, David Nieman (eds). Nutritional Assessment, Fifth edition. McGrawHill, 2010
9. World Health Organization. Global recommendations on physical activity for health. https://[www.who.int/publications/i/item/9789241599979](http://www.who.int/publications/i/item/9789241599979) (accesat 10.09.2020)
10. Physical Activity Guidelines for Americans, 2nd edition. https://health.gov/sites/default/files/2019- 09/Physical\_Activity\_Guidelines\_2nd\_edition.pdf (accesat 10.09.2020)
11. NHS. Physical activity guidelines for children and young people. https://[www.nhs.uk/live-well/exercise/physical-](http://www.nhs.uk/live-well/exercise/physical-) activity-guidelines-children-and-young-people/?tabname=fitness-guides (15.09.2020)
12. William D. McArdle, Frank I. Katch, Victor L. Katch. Exercise Physiology: Nutrition, Energy, and Human Performance. Lippincott Williams & Wilkins, 2014
13. American College of Sports Medicine. ACSM's Clinical Exercise Physiology. Lippincott Williams & Wilkins, First edition, 2019
14. American College of Sports Medicine. ACSM's Advanced Exercise Physiology. Lippincott Williams & Wilkins; Second edition (December 14, 2012)
15. Position statement is authored by the Academy of Nutrition and Dietetics (AND), Dietitians of Canada (DC), and American College of Sports Medicine (ACSM).Nutrition and Athletic Performance. Medicine & Science in Sports & Exercise: March 2016 - Volume 48 - Issue 3 - p 543-568
16. Collegiate and Professional Sports Dietitians Association. https://[www.sportsrd.org/downloadable-resources/](http://www.sportsrd.org/downloadable-resources/)
17. U.S. Department of Agriculture. Eating for Exercise and Sports. https://[www.nutrition.gov/topics/basic-](http://www.nutrition.gov/topics/basic-) nutrition/eating-exercise-and-sports
 |
| 8. 2 Seminar/laborator | Metode de predare | Observaţii |
| 1. Evaluarea nutritionala a sportivului | prelegerea, power-point, video, explicaţia, dezbaterea, comunicare vizuală, studiul de caz, problematizarea, simularea de situaţii, metode de lucru în grup, individual şi frontal, ateliere de lucru, metode dedezvoltare a gândirii critice, studiu individual |  |
| 2. Suplimente nutritionale in sport |  |
| 3. Aspecte metabolice particulare in efortul fizic |  |
| 4. Alimentatia sanatoasa si stilul de viata activ |  |
| 5. Nutritia in sport la diverse varste |  |
| 6. Nutritia la sportivii de performanta in diverse sporturi |  |
| 7. Nutritia la sportivii de performanta in diverse sporturi |  |
| Bibliografie1. Maria Mota. Alimentatia omului sanatos si bolnav. Editura Academiei Romane, Bucuresti, 2005
2. Maria Mota. Nutritie si dietetica in practica clinica. 2015. Ed. AGIR. ISBN: 978-973-720-560-5.
3. Societatea de Nutritie din Romania. Ghid pentru alimentatia sanatoasa. <http://old.ms.ro/documente/Ghid1_8318_6022.pdf> (accesat 10.09.2020)
4. Ghid pentru alimentatie sanatoasa in gradinite si scoli. https://[www.edu.ro/sites/default/files/\_fi%C8%99iere/Invatamant-](http://www.edu.ro/sites/default/files/_fi%C8%99iere/Invatamant-) Preuniversitar/2016/prescolar/ghiduri/Ghid%20pentru%20alimenta%C8%9Bie%20s%C4%83n%C4%83toas%C4

%83%20%C8%99i%20activitate%20fizic%C4%83%20%C3%AEn%20gr%C4%83dini%C8%9Be%20%C8%99i%20%C8%99coli.pdf1. Croitoru Cătălina, Ciobanu Elena. Ghid de bune practici: Alimentatie rationala, siguranta alimentelor si schimbarea comportamentului alimentar. Chisinau, 2019. https://library.usmf.md/sites/default/files/2019- 06/ghid\_nutritie\_romana\_CIP\_electronic.pdf
2. Nicolae Opopol, Galina Obreja,Angela Ciobanu. Nutritia in sanatatea publica. Casa editorial-poligrafică Bons
 |

Offices, Chişinău, 2006 <http://public-health.md/uploads/docs/bibl_virtuala/Nutritia_in_Sanatatea_Publica.pdf>

1. WHO guidelines on nutrition. https://[www.who.int/publications/guidelines/nutrition/en/](http://www.who.int/publications/guidelines/nutrition/en/)
2. World Health Organization. Nutrient requirements and dietary guidelines. https://[www.who.int/nutrition/publications/nutrient/en/](http://www.who.int/nutrition/publications/nutrient/en/)
3. Food-Based Dietary Guidelines in Europe. https://ec.europa.eu/jrc/en/health-knowledge-gateway/promotion- prevention/nutrition/food-based-dietary-guidelines
4. Food-based dietary guidelines. <http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/europe/en/>
5. Food based dietary guidelines in the WHO European Region. https://[www.euro.who.int/](http://www.euro.who.int/) data/assets/pdf\_file/0017/150083/E79832.pdf
6. Sareen Gropper, Jack Smith (eds). Advanced Nutrition and Human Metabolism, Sixth edition. Wadsworth, Cengage Learning, 2013
7. Mahan LK, Escott-Stump S, editors. Krause’s Food, Nutrition and Diet Therapy, 10th edition. Philadelphia:WB Saunders Company, 2000
8. Robert Lee, David Nieman (eds). Nutritional Assessment, Fifth edition. McGrawHill, 2010
9. World Health Organization. Global recommendations on physical activity for health. https://[www.who.int/publications/i/item/9789241599979](http://www.who.int/publications/i/item/9789241599979) (accesat 10.09.2020)
10. Physical Activity Guidelines for Americans, 2nd edition. https://health.gov/sites/default/files/2019- 09/Physical\_Activity\_Guidelines\_2nd\_edition.pdf (accesat 10.09.2020)
11. NHS. Physical activity guidelines for children and young people. https://[www.nhs.uk/live-well/exercise/physical-](http://www.nhs.uk/live-well/exercise/physical-) activity-guidelines-children-and-young-people/?tabname=fitness-guides (15.09.2020)
12. William D. McArdle, Frank I. Katch, Victor L. Katch. Exercise Physiology: Nutrition, Energy, and Human Performance. Lippincott Williams & Wilkins, 2014
13. American College of Sports Medicine. ACSM's Clinical Exercise Physiology. Lippincott Williams & Wilkins, First edition, 2019
14. American College of Sports Medicine. ACSM's Advanced Exercise Physiology. Lippincott Williams & Wilkins; Second edition (December 14, 2012)
15. Position statement is authored by the Academy of Nutrition and Dietetics (AND), Dietitians of Canada (DC), and American College of Sports Medicine (ACSM).Nutrition and Athletic Performance. Medicine & Science in Sports & Exercise: March 2016 - Volume 48 - Issue 3 - p 543-568
16. Collegiate and Professional Sports Dietitians Association. https://[www.sportsrd.org/downloadable-resources/](http://www.sportsrd.org/downloadable-resources/)
17. U.S. Department of Agriculture. Eating for Exercise and Sports. https://[www.nutrition.gov/topics/basic-](http://www.nutrition.gov/topics/basic-) nutrition/eating-exercise-and-sports
18. **Coroborarea conţinuturilor disciplinei cu aşteptările reprezentanţilor comunităţii epistemice, asociaţiilor profesionale şi angajatori reprezentativi din domeniul aferent programului**
* Conform cerintelor si standardelor
1. **Evaluare**

|  |  |  |  |
| --- | --- | --- | --- |
| Tip activitate | 10.1 Criterii de evaluare | 10.2 Metode de evaluare | 10.3 Ponderedin nota finală |
| 10.4 Curs | - cunoaşterea şi utilizarea adecvată a noţiunilor specifice de nutritie, metabolism siafectiunilor asociate | - examen | 60% |
| - asimilarea cunostintelor, metodelor si procedeelor necesare studiului disciplineiNutritie generala si speciala |
| 10.5 Seminar/laborator | - cunoaşterea şi utilizarea adecvată a noţiunilor specifice de nutritie, metabolism siafectiunilor asociate | - proba practica | 40% |
| - asimilarea cunostintelor, metodelor si procedeelor |

|  |  |  |  |
| --- | --- | --- | --- |
|  | kinetoterapeutice in boli denutritie si metabolism |  |  |
| - participare activă şi integrală la lucrările delaborator/practica |
| 10.6 Standard minim de performanţă |
| * 100% prezenţă la cursuri si lucrari practice;
* minimum nota 5 la proba practică
* minimum nota 5 la examen
 |

Data completării