



## Syllabus

**Term:** 2025/26/2

**Subject name:** Dietetics

**Subject code:** ENAEDZN1401

---

**Unit (Unit code)** (TESTNEV)

**Lecturer responsible for the course:** Dr. WILHELM Márta Marianna

**Requirement:** Exam

**Classes per week :** 2/0/0

**Classes per term:** 26/0/0

---

### Purpose of education:

### Learning outcomes:

1. Understanding metabolism, diet, food consumption, and the complex interaction of these.
2. Understanding the basic principles of healthy diet and healthy food choice in life and elite sport

1. Understanding the correlation between body structure, health and diet, sport performance and diet.

1. Understanding the concept of diet/sport diet planning, the student is able to analyze and plan his/her own diet.

### Contents:

Week 1 Description of the gastrointestinal system, food and nutrition

Week 2 Calorimetry, definition of calory, energy balance in the body

Week 3 Definition, measurement and calculation of Basal Metabolic Rate

Week 4 Definition, measurement and calculation of Daily Energy Expenditure

Week 5 Healthy diet, Rainbow model, Food pyramid, Plate, Greek column

Week 6 Water balance, water/liquid consumption, water need of the body in healthy diet, and



## Syllabus

**Term:** 2025/26/2

**Subject name:** Dietetics

**Subject code:** ENAEDZN1401

### Contents:

after physical activity

Week 7 Calorigen molecules in the body, carbohydrate need, glikemic index, carbohydrate need in sports

Week 9 Function and structure of vitamins, vitamin need, hypo-, hypervitaminosis, vitamin supplementation

Week 10 Micronutrients in the diet, function of micronutrients in the body, supplementation

Week 11 Proteins in the body, function, structure. Essential AA. Nitrogen-balance, protein needs in health and sports.

Week 12 Fat, lipids in the body, essential fatty acids, lipid need, lipid balance. Body structure and diet, fat consumption and energy balance.

Week 13 Energy balance and diet in sports

### System of examing and valuation:

Attending lectures is highly recommended.

4<sup>th</sup> week: Calculating own BMR, and TDEE.

7<sup>th</sup> week: Describing own diet for 3 days, and analyzing it according to the concept of food pyramid (first and second level)

12th week: Complex analyzation of own diet according to the concept of food pyramid

Written exam is based on lectures, accessible electronic sources and lecture materials. Most common questions in the structure of end term examination are: describing notions, relations, recognizing figures, analysis, multiple choice questions.



## Syllabus

**Term:** 2025/26/2

**Subject name:**

Dietetics

**Subject code:** ENAEDZN1401

### System of examining and valuation:

Written exam in the exam period.

Final score: 1/3 from the score of home works, 2/3 from the exam score:

Final marks:

0–49% not satisfactory

50–64% satisfactory

65–74% average

75–84% good

85–100% excellent

### Bibliography:

1, McCardle, Katch, Katch (2009) Exercise Physiology: Nutrition, Energy, and Human Performance (Lippincott Williams & Wilkins)

2, Gibney, M.J. (Ed), Lanham-New, S.A. (Ed), Cassidy, A. (Ed), Vorster, H.H. (Ed) (2002) Introduction to Human Nutrition. Wiley and Blackwell ISBN-13: 978-1405168076

Duncan, A.W. The chemistry of food and nutrition. ebook

### Bibliography: