

Faculty of Physical Education and Tourism

Course contents (problem solving):

- 1.Amino acids, general formula and characteristic groups
- 2.Carbohydrates. Sugars – division to mono-, di- and polysaccharides, examples. Glucose - importance as an energy source..
- 3.Anaerobic glycolysis. Lactic acid.
- 4.Glikoliza beztlenowa. Kwas mlekowy
- 5.Fats. Lipids - division, occurrence
- 6.ATP – structure and function
- 7.The role of vitamins. Athlete's diet.

Teaching and learning methods:

Method of knowledge assimilation, lecturing methods, discussion

Assessment methods:

- 1.Continuous evaluation
- 2.Practical Work
- 3.Exam

Recommended reading

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| 1. | Tymoczko J.L., Berg J.M., Stryer L. <i>BIOCHEMIA</i> . PWN, Warszawa 2013. |
| 2. | Hübner-Woźniak E, Lutosławska G. <i>PODSTAWY BIOCHEMII WYSIŁKU FIZYCZNEGO</i> . Biblioteka trenera. Warszawa 2000. |
| 3. | Kączkowski J. <i>PODSTAWY BIOCHEMII</i> . WN-T, Warszawa 2005. |
| 4. | Hübner-Woźniak E. <i>OCENA WYSIŁKU FIZYCZNEGO ORAZ MONITOROWANIE TRENINGU</i> |
| 5. | David W Karam, (2011) <i>Medical Biochemistry Principles for Medical Students</i> , Trafford Publishing. |

Authorisation – course coordinator and course teachers (signatures):