



To National university of Ukraine
of physical education and sport

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**Review of the Educational and Professional Program
"Sports Dietetics" for
Master of Science in Biology and Biochemistry in National university of
Ukraine of physical education and sport**

General Information:

The "Sports Dietetics" program at the Master's level is designed to prepare specialists with in-depth knowledge of nutrition and its impact on sports performance. Students study the physiology of nutrition, biochemical metabolism, nutrition science, and sports medicine, which enables them to develop individualized nutrition plans for athletes.

Program Content:

The program covers dietetics for various sports, nutrition for recovery, injury prevention, and the role of supplements and specialized diets. It also explores the latest technologies in sports nutrition. The main focus is on optimizing physical performance through balanced nutrition.

Teaching Methodology:

The program combines lectures, seminars, and practical sessions. Students engage in research, analyze athletes' diets, work with biochemical markers, and apply modern methods to monitor nutritional and physiological parameters.

Compliance with Labor Market Requirements:

The program meets market demands, as sports dietitians are in demand in sports clinics, training centers, and the food industry. Graduates can work as nutrition consultants for athletes or engage in scientific research.

Recommendations:

It is recommended to add courses on the latest advancements in sports nutrition and focus more on practical skills through internships in sports organizations.

Additionally, it would be beneficial to include aspects of sports psychology and the impact of stress on athletes' eating habits.

Conclusion:

The "Sports Dietetics" Master's program is highly qualified and relevant, preparing professionals capable of developing nutrition strategies to optimize sports performance. The program meets labor market needs but requires improvement in practical training and integration of new technologies.