



48SJ-BONUT

ECTS: 1

YEAR: 2021Z

BASIC OF NUTRITION

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**COURSE CONTENT
CLASSES**

Major dietary constituents and energy needs; Nutritional regulation of gene expression and nutritional genomics; Body composition and anthropometry; Pediatric and adolescent disorders; Disorders and metabolism; Prevention and management of Cardiovascular disease; Prevention and management of cancer;

LECTURES

Specific dietary components; Nutrition in integrated biologic systems; Nutrition needs and assessment during life cycle; Prevention and management of disease; Diet and nutrition in health of populations.

EDUCATIONAL OBJECTIVE:

DESCRIPTION OF LEARNING OUTCOMES FOR THE COURSE IN RELATION TO FIELD AND MAJOR LEARNING OUTCOMES

Codes of learning outcomes in a major field of study: M/NM+++ , M/NMA_P7S_UW+++ , M/NMA_P7S_WG+

Codes of learning outcomes in a major area of study: C.W48.+ , C.W50.+ , K.1.+ , K.6.+ , KA7_UW8+ , KA7_UW9++ , KA7_WG15+

LEARNING OUTCOMES:

Knowledge

W1 - Student explain role of feed component in organism of person and results of their deficiency

W2 - Student knows the human body's need for nutrients and defines on feed components.

W3 - Student mentions correct principles of feeding.

W4 - Characterizes methods of estimates of manners of feeding.

Skills

U1 - Recommended consuming of energy appoints and basic feed components.

U2 - Manner evaluates simple methods of feeding and indicate errors in nutrition.

Social competence

K1 - Consciousness of influence of food has and on condition of feeding and functioning of human organism.

BASIC LITERATURE

1) Peckenpaugh N., "Podstawy żywienia i dietoterapia", wyd. Elsevier Urban & Partner., 2011

SUPPLEMENTARY LITERATURE

1) Jarosz M. (red.), "Praktyczny podręcznik dietetyki.", wyd. IŻŻ, 2011 ; 2) , Tematyczna literatura , "obcojęzyczna".

Course/module:	Basic of Nutrition
Fields of education:	
Course status:	mandatory
Course group:	A - przedmioty podstawowe
ECTS code:	
Field of study:	Medicine
Specialty area:	Medicine
Educational profile:	General academic
Form of study:	full-time
Level of study:	uniform master's studies
Year/semester:	2 / 3
Type of course:	Seminar, Lecture
Number of hours per semester/week:	Seminar: 10, Lecture: 5
Teaching forms and methods	Seminar(K1, U1, U2, W4) : Seminar - Evaluating in punctual system. , Lecture(K1, U1, U2, W1, W2, W3, W4) : Multimedia presentation
Form and terms of the verification results:	SEMINAR: Write-up - Report 1 - Estimate of state of feeding. (K1, U1, U2) ; LECTURE: Colloquium test - Written test 1 - test(K1, U1, U2, W1, W2, W3, W4)
Number of ECTS points:	1
Language of instruction:	English
Introductory courses:	
Preliminary requirements:	
Name of the organizational unit offering the course:	Katedra Żywienia Człowieka,
Person in charge of the course:	dr hab. inż. Katarzyna Przybyłowicz, prof. UWM
Course coordinators:	
Notes:	

Detailed description of the awarded ECTS points - part B

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The awarded number of ECTS points is composed of:

1. Contact hours with the academic teacher:

- participation in: seminar	10 h.
- participation in: lecture	5 h.
- consultation	2 h.
	17 h.

2. Student's independent work:

-	4 h.
-	4 h.
	8 h.

1 ECTS point = 25-30 h of the average student's work, number of ECTS points = 25 h : 25 h/ECTS = 1,00 ECTS
on average: **1 ECTS**

- including the number of ECTS points for contact hours with direct participation of the academic teacher:	0,68 ECTS points,
- including the number of ECTS points for hours completed in the form of the student's independent work:	0,32 ECTS points,