

DESCRIPTION OF THE COURSE OF STUDY

Course code	0915.4.DI1.D.ŻOD	
Name of the course in	Polish	Żywienie osób dorosłych
	English	Adult Nutrition

1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

1.1. Field of study	Dietetics
1.2. Mode of study	Full-time
1.3. Level of study	Bachelor's Degree
1.4. Profile of study*	Practical
1.5. Person/s preparing the course description	Dr Anna Tokarska
1.6. Contact	annato@onkol.kielce.pl

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1. Language of instruction	English
2.2. Prerequisites*	Basics of human nutrition

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

3.1. Form of classes	Lecture classes/Practical classes	
3.2. Place of classes	Collegium Medicum UJK	
3.3. Form of assessment	Graded credit	
3.4. Teaching methods	Lecture: informative lectures with a multimedia presentation, conversational lectures Practical classes: developing a problem task	
3.5. Bibliography	Required reading	<ol style="list-style-type: none"> 1. Ray S., Markell M. Essentials of Nutrition. Elsevier, 2023. 2. Sharma L. A Textbook of Clinical Nutrition, Eurospan, 2022. 3. Jarosz M. Żywienie osób w wieku starszym. IŻŻ, Warszawa, 2008. 4. Biesalski H.K., Grim P. Żywienie. Atlas i podręcznik. Wyd. EDRA, URBAN & PARTNER, 2015. 5. Grzymisławski M., Gawędzki J. Żywienie Człowieka Zdrowego i Chorego. PWN, Warszawa, 2010. 6. Chojnacki J., Klupinska G. Dietetyka kliniczna. Elsevier, 2014.
	Further reading	<ol style="list-style-type: none"> 1. Chevallier L. 60 zaleceń dietetycznych. Wyd. Edra, 2015. 2. Chojnacki J., Klupinska G. Dietetyka kliniczna. Elsevier, 2014. 3. http://www.who.int/nutrition/topics/ageing/en/index1.html

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED LEARNING OUTCOMES

4.1. Course objectives (including form of classes)

Lectures:

- C1. Physiological changes associated with aging.
- C2. Principles of healthy nutrition. The importance of the role of nutrients for the proper functioning of the body of an elderly adult.
- C3. The effects of dietary mistakes on the health of an adult and an elderly person and possibilities of their to predict them.

Practical classes:

- C1. Mastering the principles of proper nutrition for the elderly.

4.2. Detailed syllabus (including form of classes)

Lectures

1. Demographic situation of elderly people in Poland and in the world.
2. Ageing process - features, theories, course, conditions, calendar age and biological age.
3. Changes in the body composition of an elderly person and its functions.
4. Norms and nutritional recommendations for adults and the elderly.

5. Factors affecting the diet of older people.
6. Characteristics of nutrition.
7. Causes of nutrient, vitamin and mineral deficiencies in elderly people.
8. Major health problems of the elderly and their relation to nutrition, effects of improper nutrition and low physical activity.
9. Diagnosing abnormalities in nutritional status.

Classes

1. Methods of assessing the nutritional status of adults and older adults.
2. Calculation of energy and fluid requirements.
3. Arranging and analyzing nutritional plans for an adult and an elderly person.
4. Solving nutrition problems of the elderly - selected examples of activities.

4.3 Intended learning outcomes

Code	A student, who passed the course	Relation to learning outcomes
within the scope of KNOWLEDGE:		
W01	Characterizes changes in the composition of the organism and its functions.	DI1P_W05 DI1P_W06
W02	Knows the rules of proper nutrition for adults and the elderly.	DI1P_W01 DI1P_W07
W03	Defines and characterizes the influence of diet on the development of age-related diet-related diseases.	DI1P_W09
within the scope of ABILITIES:		
U01	Performs calculations of nutrient and fluid requirements in adults and the elderly.	DI1P_U04 DI1P_U05
U02	Assesses the nutritional status of adults and the elderly.	DI1P_U04
U03	Interprets nutritional mistakes made by adults and the elderly, healthy and sick.	DI1P_U03
within the scope of SOCIAL COMPETENCE:		
K01	Works in a team.	DI1P_K04
K02	Recognizes the need to supplement and verify knowledge.	DI1P_K05

4.4. Methods of assessment of the intended learning outcomes

Teaching outcomes (code)	Method of assessment (+/-)																				
	Test			Project			Self-study			Effort in class											
	Form of classes			Form of classes			Form of classes			Form of classes											
	L	C	...	L	C	...	L	C	...	L	C	...									
W01	+									+											
W02	+										+										
W03	+											+									
U01	+											+									
U02													+								
U03														+							
K01																					
K02																					

4.5. Criteria of assessment of the intended learning outcomes

Form of classes	Grade	Criterion of assessment
Lecture (L)	3	61-68% Mastering the content of the curriculum at the basic level, chaotic answers, necessary leading questions.
	3,5	69-76% Mastering the content of the curriculum at the basic level, systematized answers, requires the help of a teacher.
	4	77-84% Mastering the content of the curriculum at the basic level, systematic and independent answers.
	4,5	85-92% The scope of the presented knowledge goes beyond the basic level based on the supplementary literature provided.
	5	93-100% The scope of the presented knowledge and skills goes beyond the basic level based on self-acquired scientific sources of information.

Classes (C)	3	61-68% Mastering the content of the curriculum at the basic level, chaotic answers, necessary leading questions.
	3,5	69-76% Mastering the content of the curriculum at the basic level, systematized answers, requires the help of a teacher.
	4	77-84% Mastering the content of the curriculum at the basic level, systematic and independent answers.
	4,5	85-92% The scope of the presented knowledge goes beyond the basic level based on the supplementary literature provided.
	5	93-100% The scope of the presented knowledge and skills goes beyond the basic level based on self-acquired scientific sources of information.

5. BALANCE OF ECTS CREDITS – STUDENT’S WORK INPUT

Category	Student's workload	
	Full-time studies	Extramural studies
<i>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</i>	50	30
<i>Participation in lectures</i>	20	15
<i>Participation in classes</i>	25	15
<i>E-learning</i>	5	0
<i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i>	50	70
<i>Preparation for the lecture</i>	25	35
<i>Preparation for the classes</i>	25	35
<i>TOTAL NUMBER OF HOURS</i>	100	100
ECTS credits for the course of study	4	4

Accepted for execution (date and legible signatures of the teachers running the course in the given academic year)

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