

## DESCRIPTION OF THE COURSE OF STUDY

Course code	0915.4.DI2.B/C.DwO	
Name of the course in	Polish	Dietoterapia w otyłości
	English	Diet therapy in obesity

## 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	Master's Degree
1.4. Profile of study*	Practical
1.5. Person/s preparing the course description	Dr Kamila Sobaś
1.6. Contact	kamila.sobas@ujk.edu.pl

## 2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1. Language of instruction	English
2.2. Prerequisites*	Physiology, anatomy, basics of human nutrition, basics of general dietetics, clinical dietetics

## 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	Exam/Graded credit	
3.4. Teaching methods	Lecture: informative lectures with a multimedia presentation, conversational lectures Practical classes: project, developing a problem task	
3.5. Bibliography	Required reading	<ol style="list-style-type: none"> <li>1. Ray S., Markell M. Essentials of Nutrition. Elsevier, 2023.</li> <li>2. Nutrition, Obesity &amp; Eating Disorders Handbook &amp; Resource Guide. Eurospan, 2022.</li> <li>3. American Academy of Pediatrics. Obesity: Stigma, Trends, and Interventions. Eurospan, 2018.</li> <li>4. Ostrowska L. Dietetyka – kompendium. PZWL, Warszawa, 2020.</li> <li>5. Grzymisławski M. Dietetyka kliniczna. PZWL, Warszawa, 2019.</li> <li>6. Jarosz M, Rychlik E, Stoś K, Charzewska J. Normy żywienia dla populacji Polski i ich zastosowanie. NPZ - PZH, Warszawa, 2020.</li> </ol>
	Further reading	<ol style="list-style-type: none"> <li>1. Payne A, Barker H. Dietetyka i żywienie kliniczne. Edra Urban&amp;Partner, Wrocław, 2017.</li> <li>2. Jarosz M, Kłosiewicz-Latoszek L. Otyłość. Zapobieganie i leczenie. PZWL, Warszawa, 2019.</li> <li>3. <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5347111/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5347111/</a>.</li> </ol>

## 4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED LEARNING OUTCOMES

## 4.1. Course objectives (including form of classes)

## Lectures:

- C1. Methods of assessing the way of nutrition and nutrition of overweight or obese people, etiology.
- C2. Pathogenesis and clinical symptoms of obesity and dietary management.
- C3. Nutrition of patients undergoing surgical treatment of obesity.

## Practical classes:

- C1. Assessment of food consumption at an individual level.
- C2. Nutritional assessment.
- C3. Planning meals taking into account the physiological state.
- C4. Development of nutritional education programs in the field of nutrition as prevention of obesity.

#### 4.2. Detailed syllabus (including form of classes)

##### Lectures

1. Obesity - diagnosis and pathomechanism.
2. Aims of dietary treatment in obesity. Surgical treatment of obesity.
3. Assumptions and methodology of the reduction diet.
4. Pharmacological treatment - serotonin and norepinephrine reuptake inhibitor, pancreatic lipase inhibitor, combination therapy.
5. Nutritional treatment of the patient before and after bariatric surgery.

##### Practical classes

1. Health risk assessment of diets used in weight loss treatments.
2. Dietary preparation for bariatric surgery.
3. Recommended weight loss, preoperative period, the most common concerns of bariatric patients.
4. Dietary management in the first month after bariatric surgery.
5. Differences in recommendations of centers, scientific evidence, opinion and own practice.
6. The most common nutritional problems of a bariatric patient in the early postoperative period and methods of their solution.
7. Stopping weight loss, psychological care.
8. Analysis of selected works in a foreign language.

#### 4.3 Intended learning outcomes

Code	A student, who passed the course	Relation to learning outcomes
within the scope of <b>KNOWLEDGE:</b>		
W01	Knows and implements dietary research in everyday practice and uses them in planning and correcting the nutrition of overweight or obese people and patients qualified for bariatric surgery.	DI2P_W06 DI2P_W04
W02	Can discuss the methods of surgical and pharmacological treatment of obesity and knows the rules of nutrition after bariatric surgeries.	DI2P_W07
within the scope of <b>ABILITIES:</b>		
U01	Can interpret the results of basic laboratory tests and use them in planning and monitoring nutritional management for people who are overweight or obese.	DI2P_U02 DI2P_U03
U02	Is able to plan and implement a comprehensive procedure covering nutrition, physical activity and lifestyle for people who are overweight or obese and for patients qualified for bariatric procedures.	DI2P_U04
within the scope of <b>SOCIAL COMPETENCE:</b>		
K01	Is aware of the limitations of his knowledge and skills. He knows when to seek advice from another specialist.	DI2P_K02

#### 4.4. Methods of assessment of the intended learning outcomes

Teaching outcomes (code)	Method of assessment (+/-)											
	Exam			Test			Group work			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	+				+							
U01					+			+				
U02	+				+			+				
K01								+			+	

#### 4.5. Criteria of assessment of the intended learning outcomes

Form of classes	Grade	Criterion of assessment
Lecture (L)	3	Test results: 61-68%
	3,5	Test results: 69-76%
	4	Test results: 77-84%
	4,5	Test results: 85-92%
	5	Test results: 93-100%
Classes (C)	3	Obtaining 61-68% of the maximum number of points from the test, reports on individual exercises and assessed student activity.

<b>3,5</b>	Obtaining 69-76% of the maximum number of points from the test, reports on individual exercises and assessed student activity.
<b>4</b>	Obtaining 77-84% of the maximum number of points from the test, reports on individual exercises and assessed student activity.
<b>4,5</b>	Obtaining 85-92% of the maximum number of points from the test, reports on individual exercises and assessed student activity.
<b>5</b>	Obtaining 93-100% of the maximum number of points from the test, reports on individual exercises and assessed student activity.

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

<b>Category</b>	<b>Student's workload</b>	
	<b>Full-time studies</b>	<b>Extramural studies</b>
<i>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</i>	<b>40</b>	<b>30</b>
<i>Participation in lectures</i>	<b>15</b>	<b>10</b>
<i>Participation in classes</i>	<b>25</b>	<b>20</b>
<i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i>	<b>35</b>	<b>45</b>
<i>Preparation for the lecture</i>	<b>5</b>	<b>10</b>
<i>Preparation for the classes</i>	<b>20</b>	<b>25</b>
<i>Preparation for the exam</i>	<b>10</b>	<b>10</b>
<i>TOTAL NUMBER OF HOURS</i>	<b>75</b>	<b>75</b>
ECTS credits for the course of study	<b>3</b>	<b>3</b>

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

.....