

DESCRIPTION OF THE COURSE OF STUDY

Course code	0915.7.DI1.B/C21.ŻOCM		0 9 1 5 . 7 . D I 1 . B / C 2 1 . Ż O C M
Name of the course in	Polish	Żywnienie w otyłości i chorobach metabolicznych	
	English	Nutrition in obesity and metabolic diseases	

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 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, the basics of human nutrition, nutrition of women during pregnancy and breastfeeding, nutrition of physically active people.

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 Exercises: developing a problem task, project	
3.5. Bibliography	Required reading	<ol style="list-style-type: none"> 1. Sharma L. A Textbook of Clinical Nutrition. Eurospan, 2022. 2. Jatana A. Clinical Nutrition Handbook. JP Medical Publishers, 2022. 3. Nutrition, Obesity & Eating Disorders Handbook & Resource Guide. Eurospan, 2022. 4. American Academy of Pediatrics. Obesity: Stigma, Trends, and Interventions. Eurospan, 2018. 5. Ostrowska L. Dietetyka – kompendium. PZWL, Warszawa, 2020.

		6. Grzymislawski M. <i>Dietetyka kliniczna</i> . PZWL, Warszawa, 2019.
	Further reading	1. Ciborowska H., Rudnicka A. <i>Dietetyka żywienie zdrowego i chorego człowieka</i> , wydanie IV. PZWL, Warszawa, 2016. 2. Jarosz M., Klosiewicz-Latoszek L. <i>Otyłość. Zapobieganie i leczenie</i> . IŻŻ, Warszawa, 2019. 3. Małecka-Tendera E., Socha P. <i>Otyłość u dzieci i młodzieży</i> . PZWL, Warszawa, 2011

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED LEARNING OUTCOMES

4.1. Course objectives (including form of classes)

Lectures:

- C1. Principles of rational nutrition.
- C2. The impact of disease on the nutritional status.
- C3. The impact of nutrition on the treatment outcomes of selected diseases.

Practical classes:

- C1. Mastering the assessment of the nutritional status and assessment of food consumption at the individual level.
- C2. Planning meals based on the physiological condition of the patient (e.g. pregnancy, breastfeeding) or the disease entity.
- C3. Developing nutritional education programs on the principles of nutrition as prevention of obesity and metabolic diseases.

4.2. Detailed syllabus (including form of classes)

Lectures

- 1. Demographic situation of elderly people in Poland and in the world.
- 2. Obesity etiology, environmental and genetic determinants.
- 3. Planning and monitoring of obesity diet therapy.
- 4. Critical evaluation of weight loss diets.
- 5. Pharmacological and surgical obesity treatment.
- 6. Psychotherapy and physical therapy in obesity treatment.
- 7. The influence of nutrition on lipid levels.
- 8. Dietary treatment of diabetics.
- 9. Dietary nutrition in metabolic syndrome.
- 10. Diet for gout.
- 11. Nutrition for pregnant and lactating obese women.
- 12. Nutrition for pregnant diabetic women.
- 13. Nutrition after bariatric surgery.

Classes

- 1. Methods of assessing the nutritional status of adults and older adults.
- 2. Planning a low-energy diet.
- 3. Determining dietary assumptions and a weight loss diet plan.
- 4. Development of dietary recommendations for the patient.
- 5. Assessment of the patient's weight loss progress.
- 6. Composing menus for diabetics.
- 7. Taking into account carbohydrate exchanges, glycemic index and possible insulin therapy.
- 8. Development of dietary recommendations for people with lipid disorders.
- 9. Analysis of selected research papers.

4.3 Intended learning outcomes

Code	A student, who passed the course	Relation to learning outcomes
within the scope of KNOWLEDGE:		
W01	Characterizes the basic principles of nutrition in obesity and metabolic diseases.	DI1P_W05 DI1P_W06
W02	Explains the use of basic therapeutic diets.	DI1P_W06
within the scope of ABILITIES:		
U01	Provides counseling in the prevention of obesity and its complications.	DI1P_U03
U02	Develops nutritional recommendations for the patient.	DI1P_U09 DI1P_U10
within the scope of SOCIAL COMPETENCE:		
K01	Systematically enriches professional knowledge and shapes skills, striving for professionalism.	DI1P_K04
K02	Has the ability to work with dietitians, doctors of various specialties, food technologists and other people whose knowledge allows them to expand their professional skills.	DI1P_K02 DI1P_K05

4.4. Methods of assessment of the intended learning outcomes																		
Teaching outcomes (code)	Method of assessment (+/-)																	
	Exam			Test			Reports			Effort in class			Group work					
	Form of classes			Form of classes			Form of classes			Form of classes			Form of classes					
	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...			
W01	+									+								
W02	+				+					+			+					
U01					+			+		+			+					
U02					+			+		+			+					
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>	40	25
<i>Participation in lectures</i>	25	15
<i>Participation in classes</i>	15	10
<i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i>	35	50
<i>Preparation for the lecture</i>	25	35
<i>Preparation for the classes</i>	10	15
<i>TOTAL NUMBER OF HOURS</i>	75	75
ECTS credits for the course of study	3	3

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

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