

DESCRIPTION OF THE COURSE OF STUDY

Course code	0915.7.D11.F4.EŻDM	
Name of the course in	Polish	Edukacja żywieniowa dzieci i młodzieży
	English	Nutritional education of children and youth

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*	Basics of human nutrition, nutrition of a healthy and sick person, public health, nutrition of children

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: project	
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. Gawęcki J., Roszkowski W. Żywnienie człowieka a zdrowie publiczne. Wyd. PWN, Warszawa, 2021. 4. Gromadzka-Ostrowska J., Włodarek D., Toeplitz Z. Edukacja prozdrowotna. Wyd. SGGW, Warszawa, 2003. 5. Jeżewska-Zychowicz M. Zachowania żywieniowe i ich uwarunkowania. Wyd. SGGW, Warszawa, 2007.
	Further reading	<ol style="list-style-type: none"> 1. Woynarowska B. Edukacja zdrowotna. Wyd. PWN, Warszawa, 2008. 2. https://www.healthyeating.org/Health-Wellness-Providers. 3. Karski J.B. Praktyka i teoria promocji zdrowia. Wyd. Ce-DeWu, Warszawa, 2008.

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED LEARNING OUTCOMES

4.1. Course objectives (including form of classes)

Lectures:

- C1. Nutrition education of children and adolescents - aims, tasks and forms of nutrition knowledge transfer.
C2. Selected determinants of nutritional behavior of children and adolescents. Methods of teaching young people the rules of proper nutrition.

Practical classes:

- C1. Planning an outline for nutrition classes for children and adolescents.
C2. Evaluating the nutritional knowledge of children and adolescents provided by the mass media.

4.2. Detailed syllabus (including form of classes)

Lectures

1. Goals and tasks of nutrition education for children and adolescents.
2. Attitudes and nutritional behavior of children and adolescents.
3. Methods and forms of nutrition knowledge transfer.
4. Selected determinants of nutrition behaviors.
5. How to effectively teach children and adolescents the rules of rational nutrition?
6. Dietary supplements.

Classes

1. Nutrition of children and adolescents.
2. The level of nutritional knowledge of children and adolescents.
3. Selection and development of teaching methods and resources according to the needs and perception of the audience.
4. Develop and evaluate educational materials for children and adolescents.
5. Constructing and administering knowledge tests to random individuals of a selected target group, conducting a one-time educational intervention and then retesting the knowledge.
6. Assessing knowledge before and after nutrition education.
7. Effectiveness of nutrition education.

4.3 Intended learning outcomes

Code	A student, who passed the course	Relation to learning outcomes
within the scope of KNOWLEDGE:		
W01	Lists the goals and tasks of nutritional education for children and adolescents.	DI1P_W07
W02	Characterizes the methods and forms of transferring nutritional knowledge to children and adolescents.	DI1P_W06
within the scope of ABILITIES:		
U01	Develops educational materials for children and adolescents.	DI1P_U09
U02	Analyzes and critically evaluates the credibility and effectiveness of nutritional information provided by the mass media.	DI1P_U01
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 (+/-)											
	Practical exercise			Effort in class			Self-study			Group work		
	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					+			+		+		
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>	55	40
<i>Participation in lectures</i>	15	10
<i>Participation in classes</i>	37	30
<i>E-learning</i>	3	0
<i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i>	45	60
<i>Preparation for the lecture</i>	10	15
<i>Preparation for the classes</i>	35	45
<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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