

## DESCRIPTION OF THE COURSE OF STUDY

Course code	0915.4.DI1.B/C.PŻC	
Name of the course in	Polish	Podstawy żywienia człowieka
	English	The basic of human 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	Prof. Edyta Suliga
1.6. Contact	edyta.suliga@ujk.edu.pl

## 2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1. Language of instruction	English
2.2. Prerequisites*	Knowledge of biology and chemistry at the high school level

## 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: exercises, discussion, instruction, measurement.	
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. Sharma L. A Textbook of Clinical Nutrition, Eurospan, 2022.</li> <li>3. Gawęcki J. Żywnienie człowieka. Podstawy nauki o żywieniu, t. 1. PWN, Warszawa, 2021.</li> </ol>
	Further reading	<ol style="list-style-type: none"> <li>1. Gawęcki J., Roszkowski W. Żywnienie człowieka a zdrowie publiczne. PWN, Warszawa, 2021.</li> <li>2. Grzymisławski M., Gawęcki J. Żywnienie człowieka zdrowego i chorego, t. 2. PWN, Warszawa, 2017.</li> <li>3. Jarosz M. Normy żywienia dla populacji polskiej i ich zastosowanie. NIZP-PZH, Warszawa, 2020.</li> <li>4. Ciborowska H., Rudnicka A. Dietetyka. Żywnienie człowieka zdrowego i chorego. PZWL, Warszawa, 2021.</li> <li>5. Peckenpaugh NJ. Podstawy żywienia i dietoterapia. Elsevier Urban &amp; Partner, Wrocław, 2015.</li> <li>6. Kunachowicz H., Nadolna I., Iwanow K., Przygoda B. Wartość odżywcza wybranych produktów spożywczych i typowych potraw. PZWL, Warszawa, 2012.</li> <li>7. <a href="http://www.who.int/nutrition/topics/nutrecomm/en">http://www.who.int/nutrition/topics/nutrecomm/en</a></li> </ol>

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

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

## Lectures:

- C1. Basic terms and definitions of nutrition science.
- C2. Physiological functions of proteins, fats and carbohydrates in the human body.
- C3. Fundamentals of proper nutrition. Common mistakes in nutrition. Diseases caused by faulty nutrition.

## Practical classes:

- C1. Developing skills of determining the energy requirements of a person. Creating nutrition plans.
- C2. Developing knowledge about physiological functions of minerals and vitamins.
- C3. Developing skills of estimating nutritional value of a diet, using tables of composition and nutritional value of products and dishes, and dietary standards.

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

##### Lectures

1. Basic terms and definitions.
2. Energy needs of the human body.
3. Basal Metabolic Rate and Total Energy Expenditure.
4. The role of proteins, fats and carbohydrates in the human body.
5. The nutritional value of food.
6. Nutritional norms and rations.
7. Rules of proper nutrition.
8. Pyramid of healthy eating and physical activity.
9. Mistakes in nutrition and basic diseases resulting from faulty nutrition.
10. Enrichment of food.

##### Classes

1. Determination of human energy requirements.
2. The energy value of food.
3. Biological value of protein.
4. Effect of amino acids complementation.
5. The role of vitamins and minerals in the human body.
6. The role of water and acid-base balance.
7. Food labeling with nutritional value.
8. Rules of creating and evaluating nutritional plans.
9. The use of tables of composition and nutritional value of products and dishes.
10. Nutritional standards in evaluating the nutritional value of a diet.
11. Basics of nutrition assessment and nutritional status.

#### 4.3 Intended learning outcomes

Code	A student, who passed the course	Relation to learning outcomes
within the scope of <b>KNOWLEDGE:</b>		
W01	Has basic knowledge and knows the terminology related to the science of human nutrition.	DI1P_W01
W02	Knows the physiological functions of proteins, fats, carbohydrates, minerals and vitamins in the human body and the principles of proper nutrition in accordance with the latest scientific reports.	DI1P_W05
W03	Knows the basic mistakes made in nutrition and the influence of nutrition on health.	DI1P_W06
within the scope of <b>ABILITIES:</b>		
U01	Can determine human energy demand.	DI1P_U02
U02	Can compose a menu adequate to human needs and use tables of the composition and nutritional value of products and dishes as well as nutrition standards in the assessment of the nutritional value of the diet.	DI1P_U05
within the scope of <b>SOCIAL COMPETENCE:</b>		
K01	Is ready to understand the social aspects of the practical application of the acquired knowledge and the responsibilities associated with it.	DI1P_K01
K02	Is aware of the need to constantly expand knowledge and skills in the field of human nutrition science.	DI1P_K05

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

Teaching outcomes (code)	Method of assessment (+/-)																				
	Exam			Test			Project			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	+							+			+										
K01	+							+			+										
K02											+										

#### 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	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
<b>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</b>	<b>50</b>	<b>40</b>
<i>Participation in lectures</i>	<b>20</b>	<b>20</b>
<i>Participation in classes</i>	<b>25</b>	<b>20</b>
<i>E-learning</i>	<b>5</b>	<b>0</b>
<b>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</b>	<b>50</b>	<b>60</b>
<i>Preparation for the lecture</i>	<b>25</b>	<b>30</b>
<i>Preparation for the classes</i>	<b>25</b>	<b>30</b>
<b>TOTAL NUMBER OF HOURS</b>	<b>100</b>	<b>100</b>
ECTS credits for the course of study	<b>4</b>	<b>4</b>

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

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