**SYLABUS**

**applies to the** 2023-2026 **education cycle**

(extreme dates)

2023/2024 academic year

1. BASIC INFORMATION CONCERNING THIS SUBJECT / MODULE

|  |  |
| --- | --- |
| Nazwa przedmiotu | Food technology and nutrition |
| Kod przedmiotu\* |  |
| Nazwa jednostki prowadzącej kierunek | Medical College of The University of Rzeszow |
| Nazwa jednostki realizującej przedmiot | Institute of Physical Culture Sciences |
| Kierunek studiów | Tourism and Recreation |
| Poziom studiów | Bachelor degree |
| Profil | General academic |
| Forma studiów | Full-time studies |
| Rok i semestr/y studiów | 3RD year, semesters V |
| Rodzaj przedmiotu | Modular subject: Modular II - Hotel and Gastronomy |
| Język wykładowy | ENG |
| Koordynator | dr Agata Rzeszutko-Bełzowska |
| Imię i nazwisko osoby prowadzącej / osób prowadzących | Lecture: dr Agata Rzeszutko-BełzowskaExercise: dr Agata Rzeszutko-Bełzowska |

\* *-* *According to the resolutions of the Faculty of Medicine*

1.1. Forms of classes, number of hours and ECTS

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semestr(number) | Lecture | Exercise | Conversation | Labora-tory | Semi-nar | ZP | Practical | Other | **Number of points ECTS** |
| V |  | 15 |  |  |  |  |  |  | 2 |

1.2. The form of class activities

☑ classes are in the traditional form

☐ classes are implemented using methods and techniques of distance learning

1.3 Examination Forms / module (exam, credit with grade or credit without grade)

Lecture - credit without grade

Exercise - credit with grade

2. REQUIREMENTS

|  |
| --- |
| Knowledge of English at the level B1 according to the European Language Description Syste. The student should have knowledge acquired in the following subjects: human physiology, basics of anatomy, etc. |

3. OBJECTIVES, OUTCOMES, AND PROGRAM CONTENT USED IN TEACHING METHODS

3.1 Objectives of this course/module

|  |  |
| --- | --- |
| C1  | Educating the principles of nutritional assessment – individual and collective. |
| C2 | Transfer of knowledge about nutritional standards. |
| C3 | Educating about the principles of food production, the method of its production, control systems, etc. |

**3.2 OUTCOMES FOR THE COURSE / MODULE (TO BE COMPLETED BY THE COORDINATOR)**

|  |  |  |
| --- | --- | --- |
| EK (the effect of education | The content of the learning effect defined for the subject (module) | Reference to directional effects  |
| EK­\_01 | The student knows the principles of health promotion, a healthy lifestyle, the structure of the digestive system, its physiological reactions and the basic principles of nutrition. | K\_W03 |
| EK­\_02 | The students critically analyzes the literature in English, and draws conclusions based on the available literature. | K\_U02 |
| EK­\_03 | The student is aware of the importance and impact of proper nutrition on health and lifestyle, and also recognizes the role of the selection of appropriate products in preventive health care. | K\_K02 |

**3.3 CONTENT CURRICULUM (filled by the coordinator)**

1. Lectures

|  |
| --- |
| Course contents |
| Basics of nutritional physiology. Structure and functions of the digestive system |
| The role and importance of basic nutrients - proteins. |
| The role and importance of basic nutrients - carbohydrates. |
|  The role and importance of basic nutrients - fats. Water balance. Functions and role of vitamins and minerals. |
| Metabolic and energy metabolism - research methods, factors conditioning the processes of transformation. |

1. Exercise

|  |
| --- |
| Course contents |
| The scope and tasks of nutritional science. Basic terminology. |
| Sanitary requirements and regulations in force in the organization of mass catering. Instruments of pro-health policy. |
| Definitions and division of food products. |
|  Normy żywienia – podział i definicje. |
| Nutritional properties of plant and animal products. |
| Diet - division, characteristics. Etiology and prevention of diet-related diseases. |

3.4 TEACHING METHODS

**Lecture: problem lecture / lecture with multimedia presentation / distance learning methods. Exercise: Analysis of texts with discussion, project method, group work.**

4. METHODS AND EVALUATION CRITERIA

4.1 Methods of verification of learning outcomes

|  |  |  |
| --- | --- | --- |
| Symbol of effect | Methods of assessment of learning outcomes (Eg.: tests, oral exams, written exams, project reports, observations during classes) | Form of classes |
| EK\_ 01 | Written colloquium | lecture, ex. |
| EK\_02 | Project reports, group work | ex.  |
| EK\_03 | Written colloquium, project reports | lecture, ex. |

4.2 Conditions for completing the course (evaluation criteria)

|  |
| --- |
| Written test:5.0 - has knowledge of the content of education at the level of 91% -100%4.5 - has knowledge of the content of education at the level of 81% -90%4.0 - has knowledge of the content of education at the level of 71% -88%3.5 - has knowledge of the content of education at the level of 61% -70%3.0 -has knowledge of the content of education at the level of 51% -60%2.0 -has knowledge of the educational content below 51%Positive evaluation of the subject can be obtained only on condition of obtaining a positive assessment for each of the established learning outcomes.  |

**5. Total student workload required to achieve the desired result in hours and ECTS credits**

|  |  |
| --- | --- |
| **Activity** | **Hours / student work** |
| Hours of classes according to plan with the teacher | 15 |
| Contact hours (with the teacher) participation in the consultations, exams | 2  |
| Non-contact hours -student's own work(preparation for classes, exam, writing a paper, etc.) | Preparation for classes – 15 Preparation for tests – 15The time to write a paper / essay – 5 |
| SUM OF HOURS | 50 |
| **TOTAL NUMBER OF ECTS** | 2 |

6. TRAINING PRACTICES IN THE SUBJECT

|  |  |
| --- | --- |
| Number of hours | - |
| Rules and forms of apprenticeship | - |

7. LITERATURE

|  |
| --- |
|  |
| 1. *Dictionary of food science and nutrition*, London : A. & C. Black, 2006.2.Gutiérrez-López, Gustavo F., *Food engineering : integrated approaches*, New York, Spronger 2008.3. Balcerek M., *Food technology operations : new vistas*, Wyd. UP Wrocław, 2009. *International Journals of sport Nutrition and exercise metabolism, Periodical*, Internet resource.4. Caballero B., Allen L. (ed): Encyclopedia of Human Nutrition, Elsevier Academic press, 2005 e-book: [http://content.yudu.com/Library/A17k4j/EncyclopediaofHumanN/resources/index.htm?referrerUrl=http%3A%2F%2Ffree.yudu.com%2Fitem%2Fdetails%2F52582%2FEncyclopedia-of-Human-Nutrition.PD](http://content.yudu.com/Library/A17k4j/EncyclopediaofHumanN/resources/index.htm?referrerUrl=http%3A%2F%2Ffree.yudu.com%2Fitem%2Fdetails%2F52582%2FEncyclopedia-of-Human-Nutrition.PDF)F5. Kang J.: *Nutrition and metabolism in sports, exercise and health*, Routledge, 2012. |

Acceptance Unit Manager or authorized person