**SYLLABUS**

**regarding the qualification cycle** **FROM march 2024 TO September 2024**

1. Basic Course/Module Information

|  |  |
| --- | --- |
| Course/Module title | Biological Properties of Essential Nutrients |
| Course/Module code \* |  |
| Faculty (name of the unit offering the field of study) |  Medical College of Rzeszow University |
| Name of the unit running the course | Institute of Health Sciences |
| Field of study | Dietetics |
| Qualification level  | 1st degree |
| Profile | practical |
| Study mode | stationary |
| Year and semester of studies | I year |
| Course type | Dietetics course in English language |
| Language of instruction | English |
| Coordinator | David Aebisher, PhD, DSc, Professor of University of Rzeszow |
| Course instructor | David Aebisher, PhD, DSc, Professor of University of Rzeszow |

\* - as agreed at the faculty

1.1.Learning format – number of hours and ECTS credits

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semester(n0.) | Lectures | Classes | Colloquia | Lab classes | Seminars | Practical classes | Internships | others | **ECTS credits**  |
| 1 | 5 | 10 | 1 | - | - | - | - | - | 3 |

1.2. Course delivery methods

- conducted in a traditional way

1.3. Course/Module assessment (exam, pass with a grade, pass without a grade)

GRADING SCALE F (2.0) – A (5.0)

THE FINAL GRADE AWARDED AT THE END OF THE COURSE IS BASED ON THE FOLLOWING CRITERIA:

• INFORMED AND ACTIVE PARTICIPATION (50%)

• FINAL EXAMINATION (50 %)

2. Prerequisites

|  |
| --- |
| Completed course of Chemistry |

3. Objectives, Learning Outcomes, Course Content, and Instructional Methods

3.1. Course/Module objectives

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| --- | --- |
| O1 | Knowledge and understanding of biological properties of nutrition’s |
| O2 | Knowledge and understanding of nutrient types (macro and micro) |

3.2. Course/Module Learning Outcomes (to be completed by the coordinator)

|  |  |  |
| --- | --- | --- |
| Learning Outcome | The description of the learning outcome defined for the course/module | Relation to the degree programme outcomes |
| LO\_01 | STUDENTS WILL BE ABLE TO USE THEIR KNOWLEDGE OF THE BIOLOGICAL PROPERTIES OF NUTRITION TO FORMULATE OPINIONS AND DISCUSS TOPICS WITH THEIR PEERS. |

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| K\_W04 , K\_U03  |

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| LO\_02 | STUDENTS WILL BE ABLE TO IDENTIFY NUTRIENT TYPES (MACRO AND MICRO) AND UNDERSTAND THEIR FUNCTION IN BIOLOGICAL PROCESSES. |

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| K\_W04  |
| K\_U03  |

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| LO\_03 | STUDENTS WILL GAIN A WORKING KNOWLEDGE OF THE BIOLOGICAL PROPERTIES OF ESSENTIAL NUTRIENTS. |

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| K\_W04  |
| K\_U03  |

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| LO\_04 | STUDENTS WILL LEARN HOW NUTRITION CONTRIBUTES TO BOTH HEALTH AND DISEASE |

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|  K\_W04 K\_U03  |

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**3.3. Course content (to be completed by the coordinator)**

1. Lectures

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| Content outline |
| Introduce students to the field of nutrition and its relationship to, and support of physiological processes such as homeostasis, growth, reproduction, general health, and disease.  |

1. Classes, tutorials/seminars, colloquia, laboratories, practical classes

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| Content outline  |
| Provide students with knowledge of chemical and physiological properties of macronutrients (protein, carbohydrates, fats) and micronutrients (minerals and vitamins). |

3.4. Methods of Instruction

Lecture and classes

4. Assessment techniques and criteria

4.1 Methods of evaluating learning outcomes

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| --- | --- | --- |
| Learning outcome | Methods of assessment of learning outcomes (e.g. test, oral exam, written exam, project, report, observation during classes) | Learning format (lectures, classes,…) |
| LO\_01 | *test* | Lectures |
| LO\_02 | *project, observation during classes* | classes |
| LO\_03 | *project, observation during classes* | classes |
| LO\_04 | *project, observation during classes* | classes |

4.2 Course assessment criteria

|  |
| --- |
| GRADING SCALE F (2.0) – A (5.0)THE FINAL GRADE AWARDED AT THE END OF THE COURSE IS BASED ON THE FOLLOWING CRITERIA:• INFORMED AND ACTIVE PARTICIPATION (50%)• FINAL EXAMINATION (50 %) |

5. Total student workload needed to achieve the intended learning outcomes

– number of hours and ECTS credits

|  |  |
| --- | --- |
| Activity | Number of hours |
| Scheduled course contact hours | 15 |
| Other contact hours involving the teacher (consultation hours, examinations) | 1 |
| Non-contact hours - student's own work (preparation for classes or examinations, projects, etc.) | 60 |
| Total number of hours | 75 |
| Total number of ECTS credits | 3 |

\* One ECTS point corresponds to 25-30 hours of total student workload

6. Internships related to the course/module

|  |  |
| --- | --- |
| Number of hours | *--* |
| Internship regulations and procedures | *--* |

7. Instructional materials

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| Compulsory literature: Harper’s Ilustrated Biochemistry, 30th Ed.  |
| Complementary literature: -- |

Approved by the Head of the Department or an authorised person