**SYLLABUS**

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

1. Basic Course/Module Information

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| Course/Module title | Human Nutrition |
| Course/Module code \* | - |
| Faculty (name of the unit offering the field of study) | Medical College of Rzeszów University |
| Name of the unit running the course | Institute of Health Scienes |
| Field of study | Dietetics |
| Qualification level  | 1st degree |
| Profile | practical |
| Study mode | stationary |
| Year and semester of studies | II year |
| Course type | Dietetics course in English language |
| Language of instruction | English |
| Coordinator | Edyta Łuszczki, PhD |
| Course instructor | Edyta Łuszczki, PhD |

\* - 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**  |
| III | 20 | - | - | - | - | - | - | - | 4 |

1.2. Course delivery methods

 conducted in a traditional way

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

pass with a grade

2. Prerequisites

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

3.1. Course/Module objectives

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| O1 | Acquainting with the nutritional classification of nutrients, methods for assessing the state of nutrition and diet. |
| O2 | Familiarizing with nutrition standards, general recommendations and principles of rational nutrition for children, adolescents and adults. |
| O3 | Learning to compose basic menus with the use of rules and applicable standards. |
| O4 | Developing the ability to assess nutritional status and diet. |
| O5 | Obtaining the necessary knowledge to determine the scope and nature of nutrition in the state of health and disease. |

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 | Student is able to theoretical foundations regarding nutritional classification of nutrients and their role in human nutrition, recommended consumption standards for selected ingredients. | K\_W07, K\_W08 |
| LO\_02 | Student knows and understands issues related to determining energy demand. | K\_W05, K\_W09 |
| LO\_03 | Student knows and understands the methods, principles of nutrition and nutritional status evaluation. | K\_W05, K\_W09 |

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

1. Lectures

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| Content outline |
| Specific ways of feeding individual groups of the population. |
| Principles of human nutrition in specific physiological states. |
| Nutritional standards for the population in Poland and other countries. |
| General principles of nutrition for children and adolescents.General rules of feeding adults depending on physical activity.Nutrition of the elderly. |
| The importance of proper nutrition in the prevention of diseases related to faulty nutrition. |
| The role of food in prevention and treatment. |
| Basic and total metabolism. Energy balance of the human system.Energy demand of different groups of the population including physical effort. |

3.4. Methods of Instruction

Lecture: a problem-solving lecture/a lecture supported by a multimedia presentation

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-o2 | Test | Lectures |
| LO-03 | Project | Lectures |

4.2 Course assessment criteria

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| Knowledge assessment:Written test5.0 - has knowledge of each of the contents of education at the level of 90% -100%4.5 - has knowledge of each of the content of education at the level of 80% -89%4.0 - has knowledge of each of the content of education at the level of 70% -79%3.5 - has knowledge of each of the content of education at the level of 60% -69%3.0 - has knowledge of each of the content of education at the level of 50% -59%2.0 - has knowledge of each of the contents of education below 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 | 20 |
| Other contact hours involving the teacher (consultation hours, examinations) | 5 |
| Non-contact hours - student's own work (preparation for classes or examinations, projects, etc.) | 80 |
| Total number of hours | 100 |
| Total number of ECTS credits | 4 |

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

6. Internships related to the course/module

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

7. Instructional materials

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| Compulsory literature: * + - 1. J. Mann and S. Truswell (2nd edition, 2002). Essentials of Human Nutrition. Oxford University Press
			2. Encyclopedia of Human Nutrition (1998). London: Academic Press.
 |
| Complementary literature: * + - 1. Shils, Olson, Shike, and Ross (Eds.), (1999). Modern Nutrition in Health and Disease, 9th edition. Williams and Wilkins.
			2. Linder, Ed. (1991). Nutritional Biochemistry and Metabolism, 2nd edition. Elsevier.
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Approved by the Head of the Department or an authorised person