**SYLLABUS**

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

1. Basic Course/Module Information

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| --- | --- |
| Course/Module title | Nutritional Education |
| 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 | II year |
| Course type | Dietetics course in English language |
| Language of instruction | English |
| Coordinator | Anna Bartosiewicz Ph.D |
| Course instructor | Anna Bartosiewicz Ph.D |

\* - 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 | 6 | 4 | - | - | - | - | - | - | 4 |

1.2. Course delivery methods

- conducted in a traditional way x

- involving distance education methods and techniques

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

PASS WITH GRADE

2. Prerequisites

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| BASIC KNOWLEDGE OF NUTRITION PRINCIPLES AND EDUCATION METHODS |

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

3.1. Course/Module objectives

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| --- | --- |
| O1 | To familiarize students with the theories and skills necessary to design and implement nutrition education programs |
| O2 | The role of nutritional education in changing eating habits |
| O3 | Fundamentals of education, definition, history, goals and challenges |
| O4 | Features and competences of a nutrition educator |
| O5 | Creating nutrition education programs |
| O6 | methods of nutrition education |
| O7 | Health coaching in nutritional education.  |

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 | To have knowledge of the basics of nutrition education | K\_W05 |
| LO\_02 | Identify basic elements of communication to influence behavior | K\_W05 |
| LO\_03 | Explain theories of nutrition education | K\_W05 |
| LO\_04 | Identify the behavioral theories, and how it's important to build theoretical educational program | K\_W03, K\_W05 |
| LO\_05 | Describe nutrition education and health education processes | K\_U03 |
| LO\_06 | Develop communication skills; identify personal habits and choices that promote well being | K\_U08 |
| LO\_07 | Write an education plan | K\_U06 |

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

1. Lectures

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| Content outline |
| Nutrition education: definition, rational, history, need and effectiveness.  |
| What is public health nutrition and Health promotion?  |
| Competencies and skills of nutrition education and nutrition education specialists. |
| Health communication, Communication skills  |
|  Role of nutrition educators.  |
| Theories of human behavior and health choices. |

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

|  |
| --- |
| Content outline  |
| Planning nutrition education.  |
| Writing an education plan |

3.4. Methods of Instruction

LECTURE SUPPORTED BY A MULTIMEDIA PRESENTATION

CLASSES – DISCUSSION, PROJECT WORK

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 | ORAL EXAM | LECTURE |
| LO-o2 | ORAL EXAM | LECTURE |
| LO-o3 | ORAL EXAM | LECTURE |
| LO-o4 | ORAL EXAM | LECTURE |
| LO-o5 | PROJECT, OBSERVATION DURING CLASSES | CLASSES |
| LO-o6 | PROJECT, OBSERVATION DURING CLASSES | CLASSES |
| LO-o7 | PROJECT, OBSERVATION DURING CLASSES | CLASSES |

4.2 Course assessment criteria

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| --- |
| Grades will be determined on the following:* Assignments: 20 %
* Midterm Exam: 20%
* Attendance and attitude: 20%
* Final Exam: 40%

Total: 100% Grading: A\* = 100- 95% A= 94- 90% B\* = 89- 85% B= 84- 80% C\* = 79- 75% C= 74- 70% D\* = 69- 65% D= 64- 60% F = < 60% Attendance: Students will be expected to attend all scheduled classes. Unexcused absences and being late for a class will result in penalty points.  |

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 | 10 |
| Other contact hours involving the teacher (consultation hours, examinations) | 5 |
| Non-contact hours - student's own work (preparation for classes or examinations, projects, etc.) | 90 |
| 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

|  |  |
| --- | --- |
| Number of hours | Not applicable |
| Internship regulations and procedures | Not applicable |

7. Instructional materials

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| Compulsory literature:1. Isobel Contento - Nutrition Education: Linking Research, Theory & Practice-Jones & Bartlett Learning 2015
2. John Steward – Effective communication: Bridges not Walls. McGraw-Hill Publishing, Boston 2012.
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| Complementary literature: 1. Language and food: verbal and nonverbal experiences/ed. By Polly E. Szatrowski, Amsterdam: Philadelphia, John Benjamins Publishing 2014.
2. Journal of Nutrition Education and Behavior

[https://www.jneb.org/issue/S1499-4046(19)X0012-3](https://www.jneb.org/issue/S1499-4046%2819%29X0012-3)1. References Material (Journals, Reports, etc): <https://pubmed.ncbi.nlm.nih.gov/>
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Approved by the Head of the Department or an authorised person