**SYLLABUS**

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

1. Basic Course/Module Information

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| --- | --- |
| Course/Module title | Plant-based and alternative diets |
| 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 |  |
| Year and semester of studies | III year |
| Course type | Dietetics course in English language |
| Language of instruction | English |
| Coordinator | Aneta Sokal, PhD |
| Course instructor | Aneta Sokal, 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 | 5 | 10 | - | - | - | - | - | - | 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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| Basic knowledge of anatomy, physiology and human nutrition. |

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

3.1. Course/Module objectives

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| --- | --- |
| O1 | To learn the principles of plant-based diets. |
| O2 | To develop the skills of proper balancing of plant-based diets and their application in clinical practice. |
| O3 | To systematize and deepen knowledge on the positive aspects and potential risks associated with the inappropriate use of plant-based diets. |

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 | Learning the assumptions of plant-based diets such as vegetarianism, veganism and alternative diets. | K\_W06, k\_w11 |
| LO\_02 | Conducting individual and group education focused on learning how to properly balance plant-based diets in order to minimize the risk of nutritional deficiencies. | K\_U03 |
| LO\_03 | Planning, implementation and evaluation of plant menus. | K\_U03 |
| LO\_04 | Demonstrate an attitude of respect for patient rights, work safety and compliance with professional ethics. | K\_K06 |

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

1. Lectures

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| Content outline |
| Characteristics of plant-based diets. |
| Balancing plant-based diets: vegetarian diet, vegan diet, planetary diet, flexitarianism. |
| The use of plant-based diets in clinical practice. |

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

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| Content outline |
| Assessment of alternative plant-based diets - the risks associated with their use. |
| Balancing plants diets. |
| Developing nutritional recommendations for patients on a plant-based diet. |
| Nutritional education in various disease entities. |

3.4. Methods of Instruction

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

Classes: text analysis and discussion/project work (research project, implementation project, practical project)/ group work (problem solving, case study, discussion)/didactic games

4. Assessment techniques and criteria

4.1 Methods of evaluating learning outcomes

|  |  |  |
| --- | --- | --- |
| 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 | L |
| LO\_o2 | projekct, observation during classes | CL |
| Lo\_03 | projekct, observation during classes | CL |
| Lo\_04 | projekct, observation during classes | CL |

4.2 Course assessment criteria

|  |
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| * + - 1. Full participation and evaluation of student activity during classes.       2. Assessment of preparation for classes.       3. Discussion during exercises.       4. Project method.       5. Test.   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% |

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.) | 75 h |
| Total number of hours | 100 h |
| 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 | *-* |
| Internship regulations and procedures | *-* |

7. Instructional materials

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| Compulsory literature:   1. Jason O'Neale Roach BSc Crash Course: Metabolism and Nutrition (Crash Course-UK) (2nd Edition) 2. Nancy J. Peckenpaugh Nancy J.: Nutrition Essentials and Diet Therapy, SAUNDERS Elsevier 2010 |
| Complementary literature:   1. Latest scientific publications |

Approved by the Head of the Department or an authorised person