

# SYLLABUS

REGARDING THE QUALIFICATION CYCLE FROM FEBRUARY 2021 TO SEPTEMBER 2022

## 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, III semester   |
| 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 (no.) | 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

|    |   |
|----|---|
| 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. | K_W04 ,<br>K_U03                          |
| LO_02            | STUDENTS WILL BE ABLE TO IDENTIFY NUTRIENT TYPES (MACRO AND MICRO) AND UNDERSTAND THEIR FUNCTION IN BIOLOGICAL PROCESSES.                         | K_W04<br>K_U03                            |
| LO_03            | STUDENTS WILL GAIN A WORKING KNOWLEDGE OF THE BIOLOGICAL PROPERTIES OF ESSENTIAL NUTRIENTS.   | K_W04<br>K_U03                            |
| LO_04            | STUDENTS WILL LEARN HOW NUTRITION CONTRIBUTES TO BOTH HEALTH AND DISEASE  | K_W04<br>K_U03                            |

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

#### A. 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. |

#### B. Classes, tutorials/seminars, colloquia, laboratories, practical classes

|   |
|---|
| 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

| 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            | <i>TEST</i>  | LECTURES                                |
| LO_02            | <i>PROJECT, OBSERVATION DURING CLASSES</i>   | CLASSES                                 |
| LO_03            | <i>PROJECT, OBSERVATION DURING CLASSES</i>   | CLASSES                                 |
| LO_04            | <i>PROJECT, OBSERVATION DURING CLASSES</i>   | 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<br>(consultation hours, examinations)                        | 1               |
| Non-contact hours - student's own work<br>(preparation for classes or examinations,<br>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 Illustrated Biochemistry, 30 <sup>th</sup> Ed. |
| Complementary literature: --   |

Approved by the Head of the Department or an authorised person