SYLLABUS

REGARDING THE QUALIFICATION CYCLE FROM FEBRUARY 2021 TO SEPTEMBER 2022

1. BASIC COURSE/MODULE INFORMATION

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, III semester
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 (no.)	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

-

3. OBJECTIVES, LEARNING OUTCOMES, COURSE CONTENT, AND INSTRUCTIONAL METHODS

3.1. Course/Module objectives

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)

A. Lectures

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

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	TEST	LECTURES
LO-03	PROJECT	LECTURES

4.2 Course assessment criteria

Knowledge assessment:

<u>Written test</u>

5.0 - 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

Number of hours	-
Internship regulations and procedures	-

7. Instructional materials

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.

Approved by the Head of the Department or an authorised person