

# SYLLABUS

REGARDING THE QUALIFICATION CYCLE FROM FEBRUARY 2021 TO SEPTEMBER 2022

## 1. BASIC COURSE/MODULE INFORMATION

Course/Module title	Nutrition in endocrine and metabolic diseases
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, III semester
Course type	Dietetics course in English language
Language of instruction	English
Coordinator	Aneta Sokal, MSc
Course instructor	Aneta Sokal, MSc

\* - 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	10	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 and physiology.

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

#### 3.1. Course/Module objectives

O <sub>1</sub>	To understand the principles of nutrition in various non-infectious diseases
O <sub>2</sub>	To develop the skill of creating nutritional plans and developing nutritional recommendations in selected diseases
O <sub>3</sub>	To systematize and to deepen knowledge about nutrition in endocrine, metabolic and digestive system diseases

#### 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	Know the principles of dietary management in selected disease entities and their impact on the patient's nutritional status.	K_Wo6, K_W11
LO_02	Apply in the field of nutritional management in practice, conducts individual and group education	K_U03
LO_03	Planning, implementation and evaluation of menus in selected disease entities using nutrition standards depending on the patient's energy needs, age and health.	K_U03
LO_04	Demonstrate an attitude of respect for patient rights, work safety and compliance with professional ethics.	K_Ko6

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

##### A. Lectures

Content outline
Diagnostics of nutritional status. Malnutrition, overweight and obesity.
Nutrition in cardiovascular diseases.
Dietary management in gastrointestinal diseases.
Nutrition in selected endocrine units.

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

Content outline
Assessment of nutrient and energy demand.
Evaluation and planning of nutritional intervention.
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_02	PROJEKCT, OBSERVATION DURING CLASSES	CL
LO_03	PROJEKCT, OBSERVATION DURING CLASSES	CL
LO_04	PROJEKCT, OBSERVATION DURING CLASSES	CL

### 4.2 Course assessment criteria

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	20
Other contact hours involving the teacher (consultation hours, examinations)	1
Non-contact hours - student's own work (preparation for classes or examinations, projects, etc.)	80 h
Total number of hours	100 h
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

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
2. <https://www.who.int/nutrition/publications/nutrient/en/>

Approved by the Head of the Department or an authorised person