Attachment No. 5 to Rector's ordinance No. 22/2020

DESCRIPTION OF THE COURSE OF STUDY

Course code	**0915.4.DI1.B/C.PDK**	
Name of the course in	Polish	**Podstawy dietetyki klinicznej**
	English	**Basics of Clinical Dietetics**

1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

1.1. Field of study	**Dietetics**
1.2. Mode of study	**Full-time**
1.3. Level of study	**Bachelor's Degree**
1.4. Profile of study*	**Practical**
1.5. Person/s preparing the course description	**Dr Anna Tokarska**
1.6. Contact	**annato@onkol.kielce.pl**

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1. Language of instruction	**English**
2.2. Prerequisites*	**Basics of human nutrition, Basics of general nutrition**

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

3.1. Form of classes		**Lecture classes/Practical classes**
3.2. Place of classes		**Collegium Medicum UJK**
3.3. Form of assessment		**Exam/Graded credit**
3.4. Teaching methods		**Lecture: informative lectures with a multimedia presentation Practical classes: computer-aided design classes, problem task development**
3.5. Bibliography	**Required reading**	**1. Jatana A. Clinical Nutrition Handbook. JP Medical Publishers, 2022. 2. Katz D. Nutrition in Clinical Practice. Wolters Kluwer Health, 2022. 3. Chojnacki J. Dietetyka i żywienie kliniczne. Elsevier, 2013. 4. Ciborowska H., Rudnicka A. Dietetyka. Żywienie człowieka zdrowego i chorego. Wydawnictwo Lekarskie PZWL, Warszawa, 2021. 5. Chojnacki J., Klupinska G. Dietetyka kliniczna. Elsevier, 2014.**
	Further reading	**1. Jarosz M. (red.). Dietetyka. Żywność, żywienie w prewencji i leczeniu. IŻŻ, Warszawa, 2017. 2. Grzymisławski M., Gawęcki J. (red.). Żywienie człowieka zdrowego i chorego. Wyd. PWN, Warszawa, 2020. 3. Włodarek D., Lange E., Kozłowska L., Głąbska D. Dietoterapia. Wyd. Lekarskie PZWL, Warszawa, 2014.**

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED LEARNING OUTCOMES

4.1. Course objectives ***(including form of classes)***

Lectures:

C1. Dietary treatment of patients in selected disease entities.

Practical classes:

C1. Selection of appropriate food products in therapeutic diets in selected disease entities.

C2. Developing nutritional recommendations for patients in selected disease entities.

4.2. Detailed syllabus ***(including form of classes)***

Lectures

1. Nutrition of the patient as an integral part of the treatment process.

2. Lipid disorders as a risk factor of ischemic heart disease - role in the pathogenesis of atherosclerosis.

3. Nutrition in ischemic heart disease.

4. Nutrition in myocardial infarction.

5. Principles of non-pharmacological treatment of arterial hypertension.

6. Nutrition in the preoperative phase.

7. Patient's diet in cardiac surgery.

8. Nutrition in neurological diseases.
9. Nutrition in food poisoning.
10. Nutrition in selected diseases of the urinary system.
11. Dietary management in eating disorders (anorexia nervosa and bulimia nervosa).

Classes

1. Planning of basic therapeutic diets.
2. Mastering the skills of proper selection of food products and culinary techniques in selected disease entities.
3. Developing nutritional recommendations.
4. Interpreting the results of blood chemistry tests.
5. Analysis of scientific papers.

4.3 Intended learning outcomes

Code	A student, who passed the course	Relation to learning outcomes
within the scope of **KNOWLEDGE:**		
W01	Has knowledge of the etiology and dietary treatment of patients in selected disease entities.	DI1P_W01 DI1P_W02
W02	Shows in-depth knowledge of the effects of excessive and deficient intake of nutrients in selected disease entities.	DI1P_W01 DI1P_W02
within the scope of **ABILITIES:**		
U01	Can design a diet for a person with a selected cardiovascular disease and independently select products and dishes necessary for its development.	DI1P_U06 DI1P_U09
U02	Can develop nutritional recommendations for people with a selected disease of the urinary system.	DI1P_U06 DI1P_U09
within the scope of **SOCIAL COMPETENCE:**		
K01	Is willing to cooperate in the development of dietary recommendations, observing the principles of professional ethics.	DI1P_K03

4.4. Methods of assessment of the intended learning outcomes

Teaching outcomes *(code)*	Method of assessment (+/-)																					
	Test			Effort in class			Group work															
	Form of classes			*Form of classes*			*Form of classes*															
	L	*C*	...	*L*	*C*	...	*L*	*C*	...													
W01	+	+			+																	
W02	+	+			+																	
U01	+	+			+			+														
U02	+	+			+			+														
K01								+														

4.5. Criteria of assessment of the intended learning outcomes

Form of classes	Grade	Criterion of assessment
Lecture (L)	**3**	61-68% Mastering the content of the curriculum at the basic level, chaotic answers, necessary leading questions.
	3,5	69-76% Mastering the content of the curriculum at the basic level, systematized answers, requires the help of a teacher.
	4	77-84% Mastering the content of the curriculum at the basic level, systematic and independent answers.
	4,5	85-92% The scope of the presented knowledge goes beyond the basic level based on the supplementary literature provided.
	5	93-100% The scope of the presented knowledge and skills goes beyond the basic level based on self-acquired scientific sources of information.
Classes (C)	**3**	61-68% Mastering the content of the curriculum at the basic level, chaotic answers, necessary leading questions.
	3,5	69-76% Mastering the content of the curriculum at the basic level, systematized answers, requires the help of a teacher.
	4	77-84% Mastering the content of the curriculum at the basic level, systematic and independent answers.
	4,5	85-92% The scope of the presented knowledge goes beyond the basic level based on the supplementary literature provided.

	5	93-100% The scope of the presented knowledge and skills goes beyond the basic level based on self-acquired scientific sources of information.

5. BALANCE OF ECTS CREDITS – STUDENT'S WORK INPUT

Category	**Student's workload**	
	Full-time studies	**Extramural studies**
NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/	**40**	**25**
Participation in lectures	**20**	**15**
Participation in classes	**15**	**10**
E-learning	**5**	**0**
INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/	**35**	**50**
Preparation for the lecture	**25**	**35**
Preparation for the classes	**10**	**15**
TOTAL NUMBER OF HOURS	**75**	**75**
ECTS credits for the course of study	**3**	**3**

Accepted for execution *(date and legible signatures of the teachers running the course in the given academic year)*

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