



Syllabus 2019/2020														
Description of the course														
Module/Course	Alternative diets						Group of detailed education results							
							Group code B/D/E	Group name B-Introduction to medical sciences; D - Behavioral and social sciences with elements of professionalism E – nonprocedure clinical science						
Faculty	Medicine													
Major	medicine													
Specialties	Not applicable													
Level of studies	Uniform magister studies X * 1 st degree studies <input type="checkbox"/> 2 nd degree studies <input type="checkbox"/> 3 rd degree studies <input type="checkbox"/> postgraduate studies <input type="checkbox"/>													
Form of studies	X full-time X part-time													
Year of studies	I-IV				Semester		X Winter X Summer							
Type of course	<input type="checkbox"/> obligatory <input type="checkbox"/> limited choice X free choice / elective													
Course	<input type="checkbox"/> major X basic													
Language of instruction	<input type="checkbox"/> Polish X English <input type="checkbox"/> other													
* mark <input type="checkbox"/> with an X														
Number of hours														
Form of education														
Unit teaching the course	Lectures (L)	Seminars (SE)	Auditorium classes (AC)	Major Classes – not clinical (MC)	Clinical Classes (CC)	Laboratory Classes (LC)	Classes in Simulated Conditions (CSC)	Practical Classes with Patient (PCP)	Specialist Classes – magister studies (SCM)	Foreign language Course (FLC)	Physical Education obligatory (PE)	Vocational Practice (VP)	Self-Study (Student's own work)	E-learning (EL)
	Winter Semester													



		10												
Summer Semester														
		10												
TOTAL per year:														
		10												
Educational objectives (max. 6 items)														
C1. Discussing the characteristics, health consequences and purpose of using a gluten-free, vegan, vegetarian diet (and their modification) in the light of the latest scientific research.														
C2. Discussing the characteristics, health consequences and purpose of using high-protein, high-fat diets and fasting to reduce body mass.														
C3. Discussing the health consequences of using elimination diets.														
C4. Comparison of alternative diets with the guidelines of healthy nutrition.														
C5. Discussing the characteristics, usefulness and legitimacy of using alternative diets in disease entities.														
Education result matrix for module/course in relation to verification methods of the intended education result and the type of class														
Number of course education result	Number of major education result	Student who completes the module/course knows/is able to					Methods of verification of intended education results (forming and summarising)			Form of didactic class <i>**enter the abbreviation</i>				
K 01	B. W19.	Student knows the consequences of improper diet, including prolonged starving, intake of excessive meals and unbalanced diet					Discussion			SE				
K 02	B. W20.	Student knows the consequences of deficiency of vitamins and minerals and their excessive intake					Discussion			SE				
K 03		The student knows the characteristics, health consequences and the legitimacy of using alternative diets to reduce body weight.					Presentation			SE				
K 04		The student knows the characteristics, health consequences and legitimacy of using alternative diets in selected disease entities.					Presentation			SE				
K 05	E. W7.	The student knows and understands the causes, symptoms, diagnosing and					Presentation			SE				



		treatment of obesity.		
S 01	D. U8.	The student gives advice on compliance with therapeutic recommendations and a healthy lifestyle	Discussion	SE
S 02		Student justifies the usefulness of application and the health consequences of alternative diets to reduce body weight	Presenation	SE
S 03		Student justifies the usefulness of application and the health consequences of alternative diets in selected disease entities	Presentation	SE
S 04	B. U13.	The student explains the differences between prospective and retrospective, randomized and case-control studies, case reports and experimental studies, and prioritizes them according to the reliability and quality of scientific evidence in the context of scientific evidence on the usefulness and health consequences of using alternative diets.	Discussion	SE

** L - lecture; SE - seminar; AC – auditorium classes; MC – major classes (non-clinical); CC – clinical classes; LC – laboratory classes; SCM – specialist classes (magister studies); CSC – classes in simulated conditions; FLC – foreign language course; PCP practical classes with patient; PE – physical education (obligatory); VP – vocational practice; SS – self-study, EL – E-learning .

Please mark on scale 1-5 how the above effects place your classes in the following categories:

communication of knowledge, skills or forming attitudes:

Knowledge: 5

Skills: 3

Student's amount of work (balance of ECTS points)

Student's workload (class participation, activity, preparation, etc.)	Student Workload (h)
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1. Contact hours:	10
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2. Student's own work (self-study):	3
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Total student's workload	13
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ECTS points for module/course	0,5
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Comments

Content of classes (please enter topic words of specific classes divided into their didactic form and remember how it is translated to intended educational effects)

Lectures

Seminars

1. Definition, division, application of alternative diets in the population - 1h.
2. High-protein diets - characteristics, effects of use, health consequences - 1h



3. High-fat diets - characteristics, effects of use, health consequences - 1h
4. Restrictive and elimination diets - characteristics, effects of use, health consequences - 1h
5. Gluten-free diet - indications for use, characteristics, health consequences - 1h
6. Vegan and vegetarian diets - characteristics, effects of use, health consequences - 1h
7. Ketogenic diet - characteristics, effects of use, health consequences - 1h
8. Popular alternative reduction diets - characteristics, effects of use, health consequences - 1h
9. Selected therapeutic diets - characteristics, goals of use, health consequences - 1h
10. The principles of proper nutrition - 1h

Practical classes

Other

Basic literature (list according to importance, no more than 3 items)

1. Nancy Peckenpaugh „Nutrition Essentials and Diet Therapy” Urban&Partner 2012

Additional literature and other materials (no more than 3 items)

1. Mahan L. „Krause’s Food and Nutrition Therapy” Saunders Elsevier, 2008

Didactic resources requirements (e.g. laboratory, multimedia projector, other...)

Laptop, projector

Preliminary conditions (minimum requirements to be met by the student before starting the module/course)

No preliminary conditions required.

Conditions to receive credit for the course (specify the form, criteria and conditions of receiving credit for classes included in the module/course, admission terms to final theoretical or practical examination, its form and requirements to be met by the student to pass it and criteria for specific grades).

Presence and active attendance in the classes, preparing and presenting the presentations. Each absence must be made up, including rector’s days or dean’s hours.

Grade:	Criteria for course
Very Good (5.0)	The student knows the consequences of improper nutrition, including long-term starvation, taking too large meals and the use of an unbalanced diet. The student knows the consequences of a deficiency of vitamins or minerals and their excess in the body. The student knows the characteristics, health consequences and the legitimacy of using alternative diets to reduce body weight. The student knows the characteristics, health consequences and legitimacy of using alternative diets in selected disease entities. The student gives advice on compliance with therapeutic recommendations and a healthy lifestyle. The student explains the differences between prospective and retrospective, randomized and case-control studies, case reports and experimental studies, and prioritizes them according to the reliability and quality of scientific evidence in the context of scientific evidence on the usefulness and health consequences of using alternative diets.
Good Plus (4.5)	The student knows the consequences of improper nutrition, including long-term starvation, taking too large meals and the use of an unbalanced diet. The student knows the characteristics, health consequences and the legitimacy of using alternative diets to reduce



	body weight. The student knows the characteristics, health consequences and legitimacy of using alternative diets in selected disease entities. The student gives advice on compliance with therapeutic recommendations and a healthy lifestyle. The student explains the differences between prospective and retrospective, randomized and case-control studies, case reports and experimental studies, and prioritizes them according to the reliability and quality of scientific evidence in the context of scientific evidence on the usefulness and health consequences of using alternative diets.
Good (4.0)	The student knows the consequences of improper nutrition, including long-term starvation, taking too large meals and the use of an unbalanced diet. The student knows the characteristics, health consequences and the legitimacy of using alternative diets to reduce body weight. The student knows the characteristics, health consequences and legitimacy of using alternative diets in selected disease entities. The student gives advice on compliance with therapeutic recommendations and a healthy lifestyle.
Satisfactory Plus (3.5)	The student knows the characteristics, health consequences and the legitimacy of using alternative diets to reduce body weight. The student knows the characteristics, health consequences and legitimacy of using alternative diets in selected disease entities. The student gives advice on compliance with therapeutic recommendations and a healthy lifestyle.
Satisfactory (3.0)	The student knows the characteristics, health consequences and the legitimacy of using alternative diets to reduce body weight. The student knows the characteristics, health consequences and legitimacy of using alternative diets in selected disease entities.
Grade:	Criteria for exam (if applicable)
Very Good (5.0)	
Good Plus (4.5)	
Good (4.0)	
Satisfactory Plus (3.5)	
Satisfactory (3.0)	

Name of unit teaching course:	Katedra i Zakład Medycyny Społecznej
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Person responsible for course:	Alicja Basiak-Rasała, MSc
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E-mail	alicja.basiak-rasala@umed.wroc.pl agnieszka.cieslak@umed.wroc.pl

List of persons conducting specific classes:	degree/scientific or professional title	Discipline	Performer profession	Form of classes
Alicja Basiak-Rasała	MSc	Public health, dietetics	Assistant	SE

Date of Syllabus development

Syllabus developed by

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Alicja Basiak-Rasała, MSc

Signature of Head of teaching unit

Signature of Faculty Dean

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Wrocław Medical University
Faculty of Health Sciences
Vice-Dean for Health Studies
prof. Beata Sobieszczkańska, PhD

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Uniwersytet Medyczny we Wrocławiu
KATEDRA I ZAKŁAD
MEDYCyny Społecznej
kierownik

dr hab. n. med. Katarzyna Zatońska, prof. nadzw.