



Syllabus for academic year: 2020/2021														
Training cycle: 2017/2018 – 2020/2021														
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													
Unit realizing the subject	Department of Social 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														
	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													
Direct (contact) education													
Online learning (synchronous)		10											
Distance learning (asynchronous)													
Summer Semester													
Direct (contact) education													
Online learning (synchronous)		10											
Online learning (asynchronous)													
TOTAL per year:													
Direct (contact) education													
Online learning (synchronous)		10											
Online learning (asynchronous)													
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				Presentation				SE			



		consequences and the legitimacy of using alternative diets to reduce body weight.		
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 treatment of obesity.	Presentation	SE
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
K 01		The student works in a group and presents the effects of work in front of the class.	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: 4 Social competences: 3	
Student's amount of work (balance of ECTS points)	
Student's workload (class participation, activity, preparation, etc.)	Student Workload (h)
1. Contact hours:	
2. Online learning hours (e-learning):	10
3. Student's own work (self-study):	3
Total student's workload	13
ECTS points for module/course	0,5
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 – not applicable	
Seminars	
<ol style="list-style-type: none"> 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 – not applicable	
Other – not applicable	
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)	
2. 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 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, preparation of presentation on chosen topic. Each absence must be made up, including rector’s days or dean’s hours.	

Grade:	Criteria (only for courses/modules ending with an examination)
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Very Good (5.0)	<p>The student knows the consequences of improper nutrition, including long-term starvation, taking too large meals and the use of an unbalanced diet.</p> <p>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.</p>
Good Plus (4.5)	<p>The student knows the consequences of improper nutrition, including long-term starvation, taking too large meals and the use of an unbalanced diet.</p> <p>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.</p>
Good (4.0)	<p>The student knows the consequences of improper nutrition, including long-term starvation, taking too large meals and the use of an unbalanced diet.</p> <p>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.</p>
Satisfactory Plus (3.5)	<p>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.</p>
Satisfactory (3.0)	<p>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.</p>



	Criteria (only for courses/modules ending with e credit)
Credit	Does not apply to the Faculty of Medicine

Grade:	Criteria (examination evaluation criteria)
Very Good (5.0)	
Good Plus (4.5)	
Good (4.0)	
Satisfactory Plus (3.5)	
Satisfactory (3.0)	
Unit realizing the subject	Katedra i Zakład Medycyny Społecznej (Department of Social Medicine)
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Coordinator	mgr Alicja Basiak-Rasała
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List of persons conducting specific classes				
Full name	Degree/scientific or professional title	Discipline	Performed profession	Form of classes
Alicja Basiak-Rasała	mgr	Health Sciences	Assistant	seminars

Date of Syllabus development

30.09.2020

Syllabus developed by

Alicja Basiak-Rasała



Signature of Head of teaching unit

Uniwersytet Medyczny we Wrocławiu
KATEDRA I ZAKŁAD

MEDYCYNY SPOŁECZNEJ

.....
kierownik

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

Signature of Faculty Dean

Beata Sobieszcańska
Wrocław Medical University
Faculty of Medicine
Vice-Dean for English Studies
.....
prof. Beata Sobieszcańska, PhD

