



SYLABUS academic year 2019/2020			
Description of the course			
Module/Course	Nutrition and non-communicable diseases	Group of detailed education results	
		Group code C, D, G, B, E	Group name C-Preclinical sciences; D-Behavioral and social sciences with elements of professionalism; G- Legal and organizational aspects of medicine; B- Introduction to medical sciences; E – nonprocedure clinical science
Faculty	Medicine		
Major	Medicine		
Specialties	Not applicable		
Level of studies	Uniform magister studies X * 1 <sup>st</sup> degree studies <input type="checkbox"/> 2 <sup>nd</sup> degree studies <input type="checkbox"/> 3 <sup>rd</sup> 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	X major <input type="checkbox"/> 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 – master studies (SCM)	Foreign Language Course (FLC)	Physical Education obligatory (PE)	Vocational Practice (VP)	Self-Study (Student's own work) (SS)	E-learning (EL)
<b>Winter Semester:</b>														
		10												
<b>Summer Semester:</b>														
		10												
<b>TOTAL per year:</b>														
		10												
<b>Educational objectives (max. 6 items)</b>														
C1. Introduction to the influence of nutrition on the development of noncommunicable diseases														
C2. Global health problematics in the view of nutrition (malnutrition, obesity, hipovitaminosis)														
C3. Introduction to international nutritional programs														
<b>Education result matrix for module/course in relation to verification methods of the intended education result and the type of class</b>														
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	G. W 3.	Student knows the epidemiology of chosen noncommunicable diseases, the aims to prevent them on every stage of disease development						Discussion	SE					
K 02	G. W 5.	Student knows the rules of health promotion, its aims and scope, with special emphasis on role of healthy lifestyle						Discussion	SE					
K 03	C. W 32.	Student knows modifiable and unmodifiable risk factors of noncommunicable diseases						Discussion	SE					
K 04	B. W 19.	Student knows the consequences of improper diet, including prolonged starving, intake of excessive meals and unbalanced diet						Discussion	SE					
K 05	B. W 20.	Student knows the consequences of deficiency of vitamins and minerals and their excessive intake						Discussion	SE					



S 01	G. U 2.	Student is able to gather information of risk factors of communicable and chronic diseases and can plan prophylactic actions	Discussion	SE
S 02	E. U 25.	Student is able to introduce nutritional therapy in the view of primary and secondary prevention of noncommunicable diseases	Discussion	SE
S 03	D. U 8.	Student is able to provide counselling to the patient regarding healthy lifestyle	Discussion	SE
S 04	B. U 13.	Student explains the differences between prospective and retrospective studies, randomized and clinically-controlled studies, case studies, experimental studies and is able to categorize them regarding to their scientific relevance and quality in the view of scientific data related to link between nutrition and noncommunicable diseases	Discussion	SE
S 05	E. U 16.	Student plans prophylactic strategy regarding decreasing the risk of noncommunicable diseases	Discussion	SE

\*\* L - lecture; SE - seminar; AC – auditorium classes; MC – major classes (non-clinical); CC – clinical classes; LC – laboratory classes; SCM – specialist classes (master 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

2. 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**

**Seminars**

1. Nutritional origin of chronic noncommunicable diseases – 2h

2. Global health problematics in the view of nutrition – 2h

3. Epidemiology of chosen noncommunicable diseases - 2h



4. Modifiable risk factors in prevention of noncommunicable diseases – 2h  
5. Dietary macro- and micronutrients and risk of noncommunicable diseases. Nutrition and risk of noncommunicable diseases – results of epidemiological studies – 2h

Classes

Other

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

1. Mahan L. „Krause’s Food and Nutrition Therapy” Saunders Elsevier, 2008
2. Nancy Peckenpaugh “Nutrition Essentials and Diet Therapy” Elsevier 2010

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

1. Gillam S. et al. „Essential Public Health theory and practice” Cambridge University Press 2007

**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 for course
Very Good (5.0)	Student knows and can explain the epidemiology of chosen noncommunicable diseases, the aims to prevent them on every stage of disease development. Student knows the consequences of improper diet, including prolonged starving, intake of excessive meals and unbalanced diet. Student knows the consequences of deficiency of vitamins and minerals and their excessive intake. Student can explain by himself/herself modifiable and unmodifiable risk factors of noncommunicable diseases. Student knows the rules of health promotion, its aims and scope, with special emphasis on role of healthy lifestyle. Student is able to introduce nutritional therapy in the view of primary and secondary prevention of noncommunicable diseases. Student is able to provide counselling to the patient regarding nutrition and healthy lifestyle.
Above Good (4.5)	Student knows the epidemiology of chosen noncommunicable diseases, the aims to prevent them on every stage of disease development. Student knows the consequences of improper diet, including prolonged starving, intake of excessive meals and unbalanced diet. Student knows the consequences of deficiency of vitamins and minerals and their excessive intake. Student can explain, with help of the tutor, modifiable and unmodifiable risk factors of noncommunicable diseases. Student is able to introduce nutritional therapy in the view of primary and secondary prevention of noncommunicable diseases. Student is able to provide counselling to the patient regarding nutrition and healthy lifestyle.
Good	Student knows the epidemiology of chosen noncommunicable diseases, the aims to



(4.0)	prevent them on every stage of disease development. Student knows the consequences of deficiency of vitamins and minerals and their excessive intake. Student can name modifiable and unmodifiable risk factors of noncommunicable diseases. Student is able to provide counselling to the patient regarding nutrition and healthy lifestyle.
Sufficiently Good (3.5)	Student knows the epidemiology of chosen noncommunicable diseases, the aims to prevent them on every stage of disease development. Student can name modifiable and unmodifiable risk factors of noncommunicable diseases. Student is able to provide basic counselling to the patient regarding healthy lifestyle.
Sufficient (3.0)	Student can name basic modifiable and unmodifiable risk factors of noncommunicable diseases. Student can name the rules of healthy lifestyle.
<b>Grade:</b>	<b>Criteria for exam (if applicable)</b>
Very Good (5.0)	
Above Good (4.5)	
Good (4.0)	
Sufficiently Good (3.5)	
Sufficient (3.0)	

<b>Name of unit teaching course:</b>	Katedra i Zakład Medycyny Społecznej (Department of Social Medicine)
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<b>Person responsible for course:</b>	Mgr Alicja Basiak-Rasała
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<i>List of persons conducting specific classes:</i>	<i>degree/scientific or professional title</i>	<i>Discipline</i>	<i>Performer profession</i>	<i>Form of classes</i>
Alicja Basiak-Rasała	mgr	Dietetyka (Dietetics)	Assistant	seminars

Date of Syllabus development

Syllabus developed by  
dr hab. n. med. Katarzyna Zatońska prof.



29.05.2020r.

nadzw.

mgr Alicja Basiak-Rasała

Signature of Head of teaching unit

Signature of Faculty Dean

Wrocław Medical University  
Faculty of Medicine  
Vice-Dean for English Studies

prof. Beata Sobieszcańska, PhD

Uniwersytet Medyczny we Wrocławiu  
KATEDRA I ZAKŁAD  
MEDYCyny SPOŁECZNEJ  
kierownik

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