



Syllabus for academic year: 2021/2022													
Training cycle: 2021/2022 – 2026/2027; 2020/2021-2025/2026; 2019/2020 – 2024/2025; 2018/2019 – 2023-2024													
Description of the course													
Course	Nutrition and noncommunicable diseases								Group of detailed education results				
									Group code C, D, G	Group name C- preclinical sciences; D- behavioral sciences; G – legal and organizational basis of medicine			
Faculty	Faculty of Medicine												
Major	medicine												
Level of studies	<input checked="" type="checkbox"/> uniform magister studies <input type="checkbox"/> 1 st degree studies <input type="checkbox"/> 2 nd degree studies <input type="checkbox"/> 3 rd degree studies <input type="checkbox"/> postgraduate studies												
Form of studies	<input checked="" type="checkbox"/> full-time <input type="checkbox"/> part-time												
Year of studies	I-IV						Semester:	<input checked="" type="checkbox"/> winter or <input type="checkbox"/> summer					
Type of course	<input type="checkbox"/> obligatory <input type="checkbox"/> limited choice <input checked="" type="checkbox"/> free choice / optional												
Language of study	<input type="checkbox"/> Polish <input checked="" type="checkbox"/> English												
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)	Foreign language Course (FLC)	Physical Education (PE)	Vocational Practice (VP)	Directed Self-Study (DSS)	E-learning (EL)
Winter semester:													
Department of Social Medicine (Dep. in charge of the course)													
Direct (contact) education ¹		10											
Distance learning ²													
Summer semester:													

¹ Education conducted with direct participation of university teachers or other academics

² Education with applied methods and techniques for distance learning



Department of Social Medicine (Dep. in charge of the course)																		
Direct (contact) education		10																
Distance learning																		
TOTAL per year:																		
Department of Social Medicine (Dep. in charge of the course)																		
Direct (contact) education		10																
Distance learning																		
Educational objectives (max. 6 items)																		
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																		
C4. Introduction to the strategies of a healthy lifestyle and nutrition in prevention of noncommunicable diseases.																		
C5. Development social competences needed to practice the medical profession, in accordance with graduate's profile.																		
Education result for course in relation to verification methods of the intended education result and the type of class:																		
Number of detailed education result	Student who completes the course knows/is able to										Methods of verification of intended education results	Form of didactic class <i>*enter the abbreviation</i>						
C. W 48.	Student knows the consequences of vitamin or mineral deficiencies or their excess in the body;										Discussion, implementation of the commissioned task	SE						
C. W 50.	Student knows the consequences of poor nutrition, including prolonged starvation, excessive meals and unbalanced diets, and disturbances in digestion and absorption of digestive products;										Discussion, implementation of the commissioned task	SE						
G. U2.	Student collects information on the presence of risk factors for infectious and chronic diseases and plan preventive actions at different levels of prevention;										Discussion, implementation of the commissioned task	SE						
D. U9.	Student provides advice on compliance with therapeutic recommendations and a healthy lifestyle;										Discussion, implementation of the commissioned task	SE						
* L- lecture; SE- seminar; AC- auditorium classes; MC- major classes (non-clinical); CC- clinical classes; LC- laboratory classes; CSC- classes in simulated conditions; PCP- practical classes with patient; FLC- foreign language course; PE- physical education; VP- vocational practice; DSS- directed self-study; EL- E-learning																		
Student's amount of work (balance of ECTS points):																		
Student's workload											Student Workload							



1. Number of hours of direct contact:	10
2. Number of hours of distance learning:	
3. Number of hours of student's own work:	3
4. Number of hours of directed self-study	n/a
Total student's workload	13
ECTS points for course	0,5
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	
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	
Preliminary conditions: (minimum requirements to be met by the student before starting the course)	
Not applicable	
Conditions to receive credit for the course: (specify the form and conditions of receiving credit for classes included in the 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)	
The assessment takes place in direct contact with the teacher. In justified cases, by decision of the Rector, it may be done remotely.	
The basis of completing the course is the total fulfillment of the following conditions:	
Attendance at classes 100%, Active participation in discussions, Preparing an oral presentation in groups on a selected topic.	
Each absence must be made up, including Rector's days and Dean's hours.	

Grade:	Criteria for courses ending with a grade ³
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 provide counselling to the patient regarding nutrition and healthy lifestyle. Student prepared and presented the presentation on chosen topic.

³ The verification must cover all education results, which are realize in all form of classes within the course



Good Above (4.5)	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 provide counselling to the patient regarding nutrition and healthy lifestyle.
Good (4.0)	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.
Satisfactory Plus (3.5)	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.
Satisfactory (3.0)	Student knows the consequences of improper diet, including prolonged starving, intake of excessive meals and unbalanced diet. Student knows the rules of health promotion, its aims and scope, with special emphasis on role of healthy lifestyle.
	Criteria for courses ending with a credit³
Credit	

Grade:	Criteria for exam³
Very Good (5.0)	
Good Above (4.5)	
Good (4.0)	
Satisfactory Plus (3.5)	
Satisfactory (3.0)	

Department in charge of the course:	Katedra i Zakład Medycyny Społecznej (Department of Social Medicine)
Department address:	Bujwida 44, 50-345 Wrocław
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Person in charge for the course:	Mgr Alicja Basiak-Rasała
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Telephone:	71 328 21 43			
E-Mail:	Alicja.basiak-rasala@umed.wroc.pl			
List of persons conducting specific classes:				
Name and surname	Degree/scientific or professional title	Discipline	Performed profession	Form of classes
Alicja Basiak-Rasała	MSc	Health sciences	Academic teacher/research assistant	SE

Date of Syllabus development

23.06.2021

Syllabus developed by

Alicja Basiak-Rasała MSc

Dean's signature
Faculty of Medicine
Vice-Dean for English Studies

prof. Beata Sobieszczajska, PhD

Uniwersytet Medyczny we Wrocławiu
KATEDRA I ZAKŁAD
MEDYCYNY ESTETYCZNEJ
Signature of Head(s) of teaching unit(s)
p.g. kierownika
dr.hab.n.med. Katarzyna Zatońska, prof. uczelni

