



Syllabus for academic year: 2020/2021			
Training cycle: 2017/2018 – 2020/2021			
Description of the course			
Module/Course	From malnutrition to obesity – background, health consequences, prevention.	Group of detailed education results	
		Group code B/C/E/G	Group name C-Preclinical sciences; G- Legal and organizational aspects of medicine; B- Introduction to medical sciences; 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 problem of malnutrition: genesis, types of malnutrition, health consequences.														
C2. Familiarizing the student with the methods of diagnosis of nutritional disorders.														
C3. Discussing the metabolism of the fatty tissue.														
C4. Discussing a genesis, risk factors and health consequences of overweight and obesity.														
C5. Discussing strategies aimed at a prevention of nutritional disorders.														
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						test			SE			



K 02	B. W20.	Student knows the consequences of deficiency of vitamins and minerals and their excessive intake	test	SE
K 03	C. W32.	Student knows modifiable and unmodifiable risk factors of nutritional disorders	test	SE
K 04	E. W1.	The student knows the environmental and epidemiological factors contributing to nutritional disorders	test	SE
K 05	E. W7.	The student knows and understands the causes, symptoms, diagnosing and treatment of obesity.	test	SE
S 01	B. U 8.	The student interprets results of basic physiological variables: results of anthropometric measurements.	test	SE
S 02	G. U2.	Student is able to gather information of risk factors of chronic diseases and can plan prophylactic actions	test	SE
S 03	E. U16.	Student plans prophylactic strategy regarding decreasing the risk of nutritional disorders	test	SE
S 04	E. U25.	Student is able to introduce nutritional therapy in nutritional disorders	test	SE
K 01		The student uses the acquired knowledge and skills to motivate and consult the patient in the field of prevention of abnormal body weight.	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	
1. Prevalence of nutritional disorders in Poland and worldwide - 1h	
2. Diagnosis of nutritional disorders (anthropometric measurements, screening tests) - 1h	
3. Malnutrition: discussion of genesis, types of malnutrition, health consequences - 2h	
4. Metabolism of the fatty tissue - 2h	
5. Genesis, risk factors and health consequences of overweight and obesity - 2h	
6. Therapeutic and prophylactic strategies aimed at the prevention of nutritional disorders. 2H	
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, passing the test at the end of the course. Each absence must be made up, including rector’s days or dean’s hours.	

Grade:	Criteria (only for courses/modules ending with an examination)
Very Good (5.0)	Scoring at least 80% of points on the test
Good Plus (4.5)	Scoring at least 75% of points on the test
Good (4.0)	Scoring at least 70% of points on the test
Satisfactory Plus (3.5)	Scoring at least 65% of points on the test



Satisfactory (3.0)	Scoring at least 60% of points on the test
	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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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

Wrocław Medical University

..... Vice-Dean for Studies

Beata Sobieszkańska

prof. Beata Sobieszkańska, PhD