



| Syllabus 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 | | | | | | | | | | | | | |
| 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 <input checked="" type="checkbox"/> free choice / elective | | | | | | | | | | | | | |
| Course | <input type="checkbox"/> major X basic | | | | | | | | | | | | | |
| Language of instruction | <input type="checkbox"/> Polish <input checked="" type="checkbox"/> 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 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 |
| <p>** 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 .</p> | | | | |
| <p>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</p> | | | | |
| Student's amount of work (balance of ECTS points) | | | | |
| Student's workload (class participation, activity, preparation, etc.) | | | Student Workload (h) | |
| 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. 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 | | | | |
| 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, 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 for course |
|-------------------------|--|
| 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 |
| | |
| 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 |
| Address | Ul. Bujwida 44, 50-345 Wrocław |
| Phone | Tel. 71 3282145 |
| E-mail | agnieszka.cieslak@umed.wroc.pl |

| | |
|--------------------------------|--|
| Person responsible for course: | mgr Alicja Basiak-Rasała |
| Phone | 71 328 2145 |
| E-mail | alicia.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

.....

Alicja Basiak-Rasała, MSc



Signature of Head of teaching unit

Uniwersytet Medyczny we Wrocławiu
KATEDRA I ZAKŁAD
MEDYCYNY SPOŁECZNEJ

Katarzyna Zatońska

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

Signature of Faculty Dean

Wrocław Medical University
Faculty of Medicine
See Description of the Unit

Benta Szpieszkańska

Benta Szpieszkańska, PhD

