



Syllabus for academic year: 2020/2021 Training cycle: 2017/2018 – 2020/2021			
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		
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. 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														
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 **enter the abbreviation			
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,						Discussion			SE			



		with special emphasis on role of healthy lifestyle		
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
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

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

Practical classes – not applicable

Other – not applicable

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)

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 (only for courses/modules ending with an examination)
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.
Good Plus (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 (4.0)	Student knows the epidemiology of chosen noncommunicable diseases, the aims to 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.
Satisfactory Plus (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.
Satisfactory (3.0)	Student can name basic modifiable and unmodifiable risk factors of noncommunicable diseases. Student can name the rules of healthy lifestyle.
	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)
Unit address	Bujwida 44, 50-345 Wrocław
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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 Faculty Dean


prof. Beata Sobieszkańska, PhD

Signature of Head of teaching unit

Uniwersytet Medyczny we Wrocławiu
KATEDRA I ZAKŁAD
MEDYCZYNY SPOŁECZNEJ
..... kierownik


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