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| **Syllabus for academic year: 2020/2021** **Training cycle: 2017/2018 – 2020/2021** |
| **Description of the course** |
| **Module/Course** | Alternative diets | **Group of detailed education results**  |
| **Group code****B, D, E** | **Group name**B-Introduction to medical sciences; D - Behavioral and social sciences with elements of professionalism 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**\*1st degree studies 2nd degree studies 3rd degree studies postgraduate studies  |
| **Form of studies** | **X** full-time X part-time |
| **Year of studies**  | I-IV | **Semester** | X WinterX Summer |
| **Type of course** |  obligatory limited choiceX free choice / elective  |
| **Course** |  major X basic |
| **Language of instruction** |  Polish **X** English other |
| \* mark 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 characteristics, health consequences and purpose of using a gluten-free, vegan, vegetarian diet (and their modification) in the light of the latest scientific research.C2. Discussing the characteristics, health consequences and purpose of using high-protein, high-fat diets and fasting to reduce body mass.C3. Discussing the health consequences of using elimination diets.C4. Comparison of alternative diets with the guidelines of healthy nutrition.C5. Discussing the characteristics, usefulness and legitimacy of using alternative diets in disease entities. |
| **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** | **B. W19.** | Student knows the consequences of improper diet, including prolonged starving, intake of excessive meals and unbalanced diet | Discussion | SE  |
| **K 02** | **B. W20.**  | Student knows the consequences of deficiency of vitamins and minerals and their excessive intake | Discussion | SE  |
| **K 03** |  | The student knows the characteristics, health consequences and the legitimacy of using alternative diets to reduce body weight. | Presentation | SE  |
| **K 04** |  | The student knows the characteristics, health consequences and legitimacy of using alternative diets in selected disease entities. | Presentation | SE  |
| **K 05** | **E. W7.** | The student knows and understands the causes, symptoms, diagnosing and treatment of obesity. | Presentation | SE  |
| **S 01** | **D. U8.** | The student gives advice on compliance with therapeutic recommendations and a healthy lifestyle | Discussion | SE |
| **S 02** |  | Student justifies the usefulness of application and the health consequences of alternative diets to reduce body weight | Presenation | SE  |
| **S 03** |  | Student justifies the usefulness of application and the health consequences of alternative diets in selected disease entities | Presentation | SE  |
| **S 04** | **B. U13.** | The student explains the differences between prospective and retrospective, randomized and case-control studies, case reports and experimental studies, and prioritizes them according to the reliability and quality of scientific evidence in the context of scientific evidence on the usefulness and health consequences of using alternative diets. | 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:5Skills: 4Social 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. Definition, division, application of alternative diets in the population - 1h.2. High-protein diets - characteristics, effects of use, health consequences - 1h3. High-fat diets - characteristics, effects of use, health consequences - 1h4. Restrictive and elimination diets - characteristics, effects of use, health consequences - 1h5. Gluten-free diet - indications for use, characteristics, health consequences - 1h6. Vegan and vegetarian diets - characteristics, effects of use, health consequences - 1h7. Ketogenic diet - characteristics, effects of use, health consequences - 1h8. Popular alternative reduction diets - characteristics, effects of use, health consequences - 1h9. Selected therapeutic diets - characteristics, goals of use, health consequences - 1h10. The principles of proper nutrition - 1h |
| **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)1. Mahan L. „Krause’s Food and Nutrition Therapy” Saunders Elsevier, 2008
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| **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 med 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. |
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| **Grade:** | **Criteria** (only for courses/modules ending with an examination) |
| Very Good(5.0) | The student knows the consequences of improper nutrition, including long-term starvation, taking too large meals and the use of an unbalanced diet. The student knows the consequences of a deficiency of vitamins or minerals and their excess in the body. The student knows the characteristics, health consequences and the legitimacy of using alternative diets to reduce body weight. The student knows the characteristics, health consequences and legitimacy of using alternative diets in selected disease entities. The student gives advice on compliance with therapeutic recommendations and a healthy lifestyle. The student explains the differences between prospective and retrospective, randomized and case-control studies, case reports and experimental studies, and prioritizes them according to the reliability and quality of scientific evidence in the context of scientific evidence on the usefulness and health consequences of using alternative diets. |
| Good Plus (4.5) | The student knows the consequences of improper nutrition, including long-term starvation, taking too large meals and the use of an unbalanced diet. The student knows the characteristics, health consequences and the legitimacy of using alternative diets to reduce body weight. The student knows the characteristics, health consequences and legitimacy of using alternative diets in selected disease entities. The student gives advice on compliance with therapeutic recommendations and a healthy lifestyle. The student explains the differences between prospective and retrospective, randomized and case-control studies, case reports and experimental studies, and prioritizes them according to the reliability and quality of scientific evidence in the context of scientific evidence on the usefulness and health consequences of using alternative diets. |
| Good(4.0) | The student knows the consequences of improper nutrition, including long-term starvation, taking too large meals and the use of an unbalanced diet. The student knows the characteristics, health consequences and the legitimacy of using alternative diets to reduce body weight. The student knows the characteristics, health consequences and legitimacy of using alternative diets in selected disease entities. The student gives advice on compliance with therapeutic recommendations and a healthy lifestyle. |
| Satisfactory Plus (3.5) | The student knows the characteristics, health consequences and the legitimacy of using alternative diets to reduce body weight. The student knows the characteristics, health consequences and legitimacy of using alternative diets in selected disease entities. The student gives advice on compliance with therapeutic recommendations and a healthy lifestyle. |
| Satisfactory (3.0) | The student knows the characteristics, health consequences and the legitimacy of using alternative diets to reduce body weight. The student knows the characteristics, health consequences and legitimacy of using alternative diets in selected disease entities. |
|  | **Criteria** (only for courses/modules ending with e credit) |
| Credit | Does not apply to the Faculty of Medicine |
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| **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  |
| **Telephone** | 71 3282145 |
| **E-Mail** | agnieszka.cieslak@umed.wroc.pl |
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| **Person responsible for module** | mgr Alicja Basiak-Rasała |
| **Coordinator** | mgr Alicja Basiak-Rasała |
| **Telephone** | **71 328 21 43** |
| **E-Mail** | alicja.basiak-rasala@umed.wroc.pl |
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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 |
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| **Date of Syllabus development**  | **Syllabus developed by**  |
| 30.09.2020 | Alicja Basiak-Rasała |
| **Signature of Head of teaching unit** |
| ……………………………………………………… |

**Signature of Faculty Dean**  |
| ……………....…………………… |
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