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| **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**\*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. Introduction to the influence of nutrition on the development of noncommunicable diseasesC2. 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, with special emphasis on role of healthy lifestyle | Discussion | SE  |
| **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: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. Nutritional origin of chronic noncommunicable diseases – 2h2. Global health problematics in the view of nutrition – 2h3. Epidemiology of chosen noncommunicable diseases - 2h4. Modifiable risk factors in prevention of noncommunicable diseases – 2h5. 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 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) | 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 |
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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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