Syllabus kształcenia / przedmiotu (sylabus)

Acad. year		Subject group		Catalogue number	

Subject title	**Podstawy żywienia człowieka**		**ECTS** [2]	**2**
Study direction	Organic Agriculture and Food Production			
Coordinator of the course[5]:	dr inż. Joanna Myszkowska-Ryciak			
Teachers [6]:	dr inż. Joanna Myszkowska-Ryciak, dr inż. Danuta Gajewska			
Conducting unit [7]:	Department of Dietetics			
Faculty for which the subject is conducted	Faculty of Human Nutrition and Consumer Sciences,			
Course status	a) directional course	b) BSC level, 1st year	c) full-time studies	
Didactic cicle[10]:	2	Language: English		
Assumptions and goals of the course[12]:	To familiarize the student with the basic concepts in of human nutrition. Discussing the methods of assessing food intake and the principles of proper nutrition. Getting to know the diagnostic methods of nutritional status. Presentation of the most important errors in nutrition and the relationship between diet and health. Familiarization with typical diet-related diseases.			
Teaching forms, number of hours[13]:	a) lectures, 15 hours b) classes 15			
Teaching methods [14]:	Lectures: multimedia presentations, open discussion on selected topics. Classes: multimedia presentations, project tasks (author's task forms to be completed), discussion			
Description of the course[15]:	**Lectures**: - Basic concepts in the field of human nutrition. - General principles of proper nutrition. - Standards and nutritional recommendations for various population groups (including pregnant and nursing women, infants and young children) - Methods of assessing food intake and diet regularity. - Methods for assessing the nutritional status. - The most important irregularities in nutrition - malnutrition and excessive consumption. - The relationship between diet and health. - Prevention of diet-related diseases. **Classes**: Project task: developing diet assumptions for various population groups, analysis of the correctness of the diet of different population groups in the aspect of prevention of diet-related diseases. Students work in teams of 2 to 4 people.			
Formal requirements (introductory courses [16]:	Chemistry			
Initial assumptions [17]:	Students should have general knowledge about compounds found in food of plant and animal origin			

Educational effects[18]:	**Knowledge** 01 - the student knows the properties of food raw materials, as well as the principles of their use in human nutrition 02 - the student knows the need for energy and nutrients in various population groups 03 - the student knows the methods of assessing the state of human nutrition **Skills** 04 - student is able to assess the nutritional value of food, including the content of bioactive compounds and use this knowledge in planning human nutrition 05 - the student can plan a menu adapted to the nutritional requirements of a specific population group **Competences** 06 - the student is able to work individually and in a group, taking various roles and striving to achieve the goal
Verification of the effects method	Lecture exam (open and closed questions) Assessment of tasks performed on exercises: completed task forms. Evaluation of the presentation of work results on exercises
Form of documentation achieved learning outcomes[20]:	Archiving student work (exam forms and exercise task forms) and course documentation
Elements i wages having impact on the final grade:	Assessment of the lecture content knowledge - 50%, Assessment of exercise tasks - 30% Evaluation of the presentation of work results during classes and involvement in work - 20%
Place[22]:	Didactic classroom with equipment for multimedia presentations and computers with a diet analysis program
Basic literature [23]: Bendich A., Deckelbaum R. (ed) 2015: Preventive Nutrition: The Comprehensive Guide for Health Professionals. Humana Press. Temple N.J., Td Wilson T., Jacobs Jr. D.R. (2010): Nutritional Health: Strategies for Disease Prevention. Humana Press. World Health Organization: http://www.who.int/topics/health_promotion/en Complementary literature: scientific articles from English-language peer-reviewed journals recommended by the teacher	
Remarks [24]:	

Quantitative indicators characterising the module[25] :

The estimated total number of hours of work of a student (contact and work) necessary to achieve the intended effects of the kształcenia18)-on this basis, you must fill in the ECTS[2]:	**50 h**
The total number of ECTS credits, which the student obtains in the classroom demanding direct participation of academics:	**1,5 ECTS**
Total number of ECTS credits, which the student obtains by the own work:	**0,5 ECTS**

Lectures	*15h*
Exercises	*15h*

Consulting	*5h*
Presence in the exam	*1h*
Completing the reports on the tasks carried out in the course of exercise	*5h*
Preparation for the seminar	
Preparation of written work	*5h*
Preparation to the exam	*4h*
Total	***50 h***
	2 ECTS

Lectures	*15h*
Laboratory exercises	*15h*
Consulting	*4h*
Exam	*1h*
Total	***35 h***
	1,5 ECTS

Within the total time the student's work-the total number of ECTS credits, which the student obtains in the course of practical:

Exercises	*15h*
Completing the reports on the tasks carried out in the course of exercise	*10h*
Preparing written work	*3h*
Preparing to exam	*2h*
Total	**30h**
	1,5 ECTS