
Course title: BASIC OF NUTRITION

ECTS credit allocation (and other scores): 1

Semester: autumn

Level of study: ISCED-6 - first-cycle programmes (EQF-6)

Branch of science: Medical and health sciences

Language: English

Number of hours per semester: 15

Course coordinator/ Department and e-mail: Katarzyna Przybyłowicz, katarzyna.przybylowicz@uwm.edu.pl

Type of classes: classes and lectures

Substantive content

CLASSES: Basic human, child and adolescent energy needs from food. Determining the nutrient requirements of literal organisms, children and young people. Evaluation of the nutritional status of an organism using anthropometric methods. Evaluation of the level of physical activity of different population groups. Analysis of studies on how food affects genes. Prevention of diet-related chronic non-communicable diseases. Prevention and protection of cancer. Evaluation of behavioural determinants of food consumption.

LECTURES: Food ingredients and the wealth of information hidden in human genes. The interaction between environmental factors and human genes, which determine human health or disease for life. Prevention of certain diseases. The impact of diet and nutrition on human health.

Learning purpose: To provide knowledge about food and specific nutrients in meeting human nutritional needs and their impact on the human body. To acquire the basic skills to determine the recommended intake of essential nutrients and to evaluate the diet.

On completion of the study programme the graduate will gain:

Knowledge: It explains the role of nutrients in the human body and the effects of their deficiency. It defines the body's need for nutrients. It lists the principles of proper nutrition. Characterizes methods of evaluation of nutrition.

Skills: It determines the recommended consumption of energy and basic nutrients. Evaluates simple methods of nutrition and indicates nutritional mistakes.

Social Competencies: Is aware of the influence of food and nutrition on the condition and functioning of the human body.

Basic literature: 1). Rolfes S.R., Pinna K., Whitney E. „Normal and clinical nutrition” 9th ed., wyd. Wadsworth Cengage Learning, 2012; 2). Peckenpaugh N., "Podstawy żywienia i dietoterapia", wyd. Elsevier Urban & Partner., 2011

Supplementary literature: 1) Jarosz M. (red.), "Praktyczny podręcznik dietetyki.", wyd. IŻŻ, 2011

The allocated number of ECTS points consists of:

Contact hours with an academic teacher: 17h

Student's independent work: 8h