

**Subject card**

Subject name and code	Dietetics, PG_00051355						
Field of study	Chemistry						
Date of commencement of studies	October 2024	Academic year of realisation of subject				2025/2026	
Education level	Bachelor's studies	Subject group				Obligatory subject group in the field of study	
Mode of study	full-time studies	Mode of delivery				at the university	
Year of study	2	Language of instruction				Polish	
Semester of study	3	ECTS credits				2.0	
Learning profile	academic	Assessment form				credit	
Conducting unit	Faculty of Chemistry -> Rector						
Name and surname of lecturer (lecturers)	Subject supervisor		dr inż. Dorota Kaczerska				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	30.0	0.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	Number of study hours	30		5.0		15.0	50
Subject objectives	Learning the principles of nutrition of a sick person and the ability to use them in clinical practice. Awareness of the importance of a properly planned diet in the prevention and therapy of the most common diseases						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[CHEML3_K03] Establishes priorities in the right way for the implementation of tasks specified by herself/himself and/or by others.	Proper assessment of the place of proper nutrition against the background of other methods of treatment of known diseases and readiness to cooperate with other specialists. Ability of detecting and actively counteracting the most important risk factors for cardiovascular and neoplastic diseases.	[SK1] oral statement/conversation/discussion
	[CHEML3_W03] Explains the relationship between the structure of matter and its observed properties.	Knowledge of the principles of dietary management in selected pathological states (malnutrition, diseases of the digestive, respiratory, urinary tract, cardiovascular system). Understanding the key importance of the correct diet in the prevention of the most common diseases (cardiovascular and cancer).	[SW3] text preparation/written work
	[CHEML3_U09] Is able to learn independently.	The ability to evaluate, characterize and plan the diet of a healthy and ill person	[SU5] implementation of a problem task
	[CHEML3_W05] Has basic knowledge of the chemical specialisation studied.	Knowledge of the principles of dietary management in selected pathological states (malnutrition, diseases of the digestive, respiratory, urinary tract, cardiovascular system). Understanding the key importance of the correct diet in the prevention of the most common diseases (cardiovascular and cancer).	[SW3] text preparation/written work
Subject contents	Issues of lectures: principles of dietary management in various clinical conditions - from malnutrition to obesity. Balanced diet, nutritional norms, division into 12 groups Adjustment of body weight and appetite.		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	Written test	51.0%	100.0%
Recommended reading	Basic literature	Literature required to pass the course  Gawęcki J.Hryniewiecki L [red]. Żywność człowieka. Podstawy nauki o żywieniu. PWN, Warszawa 2000 Jarosz M [red]. Praktyczny podręcznik dietetyki. IŻŻ, Warszawa 2010  Chevallier L. i inni (wydanie polskie red. D. Gajewska). 51 zaleceń dietetycznych w wybranych stanach chorobowych. Elsevier Urban & Partner, 2010. Tsigos C. i inni. Postępowanie w otyłości dorosłych: europejskie wytyczne dla praktyki klinicznej. Endokrynologia, Otyłość i Zaburzenia Przemiany Materii 2009, tom 5, nr 3, str. 87-98	
	Supplementary literature	Extracurricular readings  www.izz.waw.pl (strona internetowa Instytutu Żywności i Żywienia w Warszawie) www.espen.org (strona internetowa European Society of Nutrition and Metabolism)	
	eResources addresses		
Example issues/example questions/tasks being completed			
Work placement	Not applicable		

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