

Subject card

Subject name and code	Nutrition in the Prevention and Treatment of Diseases, PG_00081931						
Field of study	Chemistry						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2026/2027		
Education level	Bachelor's studies		Subject group		Optional subject group		
Mode of study	full-time studies		Mode of delivery		at the university		
Year of study	2		Language of instruction		Polish		
Semester of study	4		ECTS credits		2.0		
Learning profile	academic		Assessment form		credit		
Conducting unit							
Name and surname of lecturer (lecturers)	Subject supervisor		prof. dr hab. Zbigniew Kaczyński				
	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	• Familiarisation with the basic principles of nutrition for people of different ages. • Familiarisation with the main principles of nutrition in the prevention of disease. • Introduction to the principles of nutrition in the treatment of the most common diseases. • Familiarisation with possible interactions between food components and drugs.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[CHEML3_U09] Is able to learn independently.	1. Is able to demonstrate the relationship between nutrition and the prevention and treatment of disease. 2. Demonstrates the ability to independent search for necessary data in the literature. 3. Speaks about issues related to the nutrition of the sick person in understandable language, using correct nomenclature.	[SU1] oral statement/conversation/discussion [SU4] test/exam - oral or written
	[CHEML3_K08] Formulates opinions in the field of science with caution and criticism in their expression.	1. Understands the need for further education in the principles of proper nutrition in different clinical situations. 2. Consciously assesses the role of human nutrition in the prevention and treatment of disease. 3. Demonstrates a critical approach to information contained in professional and popular literature.	[SK1] oral statement/conversation/discussion [SK4] test/exam - oral or written
	[CHEML3_W03] Explains the relationship between the structure of matter and its observed properties.	1. Knows the basic principles of nutrition related to the prevention and treatment of disease. 2. Describes selected methods of nutritional treatment. 3. Understands the importance of appropriate nutritional principles in the treatment of various diseases. 4. Is able to indicate possible interactions between food components and drugs.	[SW4] test/exam - oral or written [SW1] oral statement/conversation/discussion
	[CHEML3_U01] Identifies, analyses and solves problems in the field of broadly understood chemistry on the basis of the acquired knowledge.	1. Is able to demonstrate the relationship between nutrition and the prevention and treatment of disease. 2. Demonstrates the ability to independent search for necessary data in the literature. 3. Speaks about issues related to the nutrition of the sick person in understandable language, using correct nomenclature.	[SU1] oral statement/conversation/discussion [SU4] test/exam - oral or written
	[CHEML3_U08] Presents in an understandable way the basic facts about chemistry using a scientific language typical of chemical sciences.	1. Is able to demonstrate the relationship between nutrition and the prevention and treatment of disease. 2. Demonstrates the ability to independent search for necessary data in the literature. 3. Speaks about issues related to the nutrition of the sick person in understandable language, using correct nomenclature.	[SU1] oral statement/conversation/discussion [SU4] test/exam - oral or written
	[CHEML3_K06] Raises her/his professional and personal competences by using information provided in various sources.	1. Understands the need for further education in the principles of proper nutrition in different clinical situations. 2. Consciously assesses the role of human nutrition in the prevention and treatment of disease. 3. Demonstrates a critical approach to information contained in professional and popular literature.	[SK1] oral statement/conversation/discussion [SK4] test/exam - oral or written
	[CHEML3_K01] Identifies the level of her/his own knowledge and skills and the need for continuous learning and personal development.	1. Understands the need for further education in the principles of proper nutrition in different clinical situations. 2. Consciously assesses the role of human nutrition in the prevention and treatment of disease. 3. Demonstrates a critical approach to information contained in professional and popular literature.	[SK1] oral statement/conversation/discussion [SK4] test/exam - oral or written

	<table><tr><th>Course outcome</th><th>Subject outcome</th><th>Method of verification</th></tr><tr><td>[CHEML3_W05] Has basic knowledge of the chemical specialisation studied.</td><td>1. Knows the basic principles of nutrition related to the prevention and treatment of disease. 2. Describes selected methods of nutritional treatment. 3. Understands the importance of appropriate nutritional principles in the treatment of various diseases. 4. Is able to indicate possible interactions between food components and drugs.</td><td>[SW4] test/exam - oral or written [SW1] oral statement/ conversation/discussion</td></tr></table>	Course outcome	Subject outcome	Method of verification	[CHEML3_W05] Has basic knowledge of the chemical specialisation studied.	1. Knows the basic principles of nutrition related to the prevention and treatment of disease. 2. Describes selected methods of nutritional treatment. 3. Understands the importance of appropriate nutritional principles in the treatment of various diseases. 4. Is able to indicate possible interactions between food components and drugs.	[SW4] test/exam - oral or written [SW1] oral statement/ conversation/discussion		
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Subject contents	Principles of nutrition in different periods of life. Comparison of digestion, absorption and metabolism in healthy and diseased individuals. Effects of malnutrition on metabolism, physiological functions and immune disorders. Principles of nutrition in the prevention of selected diseases. Nutrition in the treatment of the most common diseases (e.g. obesity, bulimia, cardiovascular diseases, gastrointestinal diseases, cancer) and in various clinical situations (e.g. perioperative period, after multi-organ trauma, patients in terminal condition). Methods of nutritional treatment. Effects of drugs on absorption and metabolism of nutrients from food. Effect of nutrition on absorption, transport, metabolism, excretion and action of selected drugs.								
Prerequisites and co-requisites									
Assessment methods and criteria	<table><tr><th>Subject passing criteria</th><th>Passing threshold</th><th>Percentage of the final grade</th></tr><tr><td>Written exam</td><td>51.0%</td><td>100.0%</td></tr></table>	Subject passing criteria	Passing threshold	Percentage of the final grade	Written exam	51.0%	100.0%		
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Written exam	51.0%	100.0%							
Recommended reading	Basic literature	• M. Grzymisławski (red) Dietetyka kliniczna, PZWL, Warszawa 2019 • H. Ciborowska, A. Rudnicka, Dietetyka, żywienie zdrowego i chorego człowieka, PZWL, Warszawa 2019 • M. Grzymisławski, J. Gawęcki, Żywnienie człowieka zdrowego i chorego, Wydawnictwo Naukowe PWN, Warszawa 2010 • N. J. Peckenpaug, red. wyd. pol. D. Gajewska, Podstawy żywienia i dietoterapia, Elsevier Urban & Partner, Wrocław 2011 • Z. Zachwieja, Leki i pożywienie - interakcje, MedPharm, Wrocław 2008 • B. Szczygieł, Niedozżywienie związane z chorobą - zapobieganie, leczenie, Wydawnictwo Lekarskie PZWL, Warszawa 2012							
	Supplementary literature	• L. Chevallier, red. wyd. pol. D. Gajewska, 51 zaleceń dietetycznych w wybranych stanach chorobowych, Elsevier Urban & Partner, Wrocław 2010 • B. Szczygieł, Niedozżywienie związane z chorobą - występowanie, rozpoznanie, Wydawnictwo Lekarskie PZWL, Warszawa 2011 • J. Fiedurek, Rola żywności i żywienia w profilaktyce i terapii chorób człowieka, UMCS, Lublin 2007							
	eResources addresses								
Example issues/ example questions/ tasks being completed	• What is a functional food? Provide examples. • Does the energy balance always have to be balanced? Please provide reasons for your answer.								
Work placement	Not applicable								

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