

## Subject card

|                                             |                                                                                                                                                                                                                             |                                                          |                                         |                                     |                                                                                                                                                |            |     |
|---------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------|-------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------|-----|
| Subject name and code                       | Dietetics, PG_00051355                                                                                                                                                                                                      |                                                          |                                         |                                     |                                                                                                                                                |            |     |
| Field of study                              | Chemistry                                                                                                                                                                                                                   |                                                          |                                         |                                     |                                                                                                                                                |            |     |
| Date of commencement of studies             | October 2026                                                                                                                                                                                                                |                                                          | Academic year of realisation of subject |                                     | 2027/2028                                                                                                                                      |            |     |
| Education level                             | Bachelor's studies                                                                                                                                                                                                          |                                                          | Subject group                           |                                     | Obligatory subject group in the field of study<br>Optional subject group<br>Subject group related to scientific research 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.<br>Awareness of the importance of a properly planned diet in the prevention and therapy of the most common diseases |                                                          |                                         |                                     |                                                                                                                                                |            |     |

|                                 |                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                              |
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| 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.<br>Balanced diet, nutritional norms, division into 12 groups<br>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<br><br>Gawęcki J.Hryniewiecki L [red]. Żywnienie człowieka. Podstawy nauki o żywieniu. PWN, Warszawa 2000<br>Jarosz M [red]. Praktyczny podręcznik dietetyki. IŻŻ, Warszawa 2010<br><br>Chevallier L. i inni (wydanie polskie red. D. Gajewska). 51 zaleceń dietetycznych w wybranych stanach chorobowych. Elsevier Urban & Partner, 2010.<br>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<br><br>www.izz.waw.pl (strona internetowa Instytutu Żywności i Żywienia w Warszawie)<br>www.espen.org (strona internetowa European Society of Nutrition and Metabolizm)                                                                                                                                                                                                                                                                                                                                                                             |                                              |
|                                 | eResources addresses                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                              |
|                                 | Example issues/<br>example questions/<br>tasks being completed                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                              |
| Work placement                  | Not applicable                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                              |

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