

Subject card

Subject name and code	The basics of the human's nutrition, PG_00149321						
Field of study	Medical Biology						
Date of commencement of studies	October 2024	Academic year of realisation of subject				2026/2027	
Education level	undergraduate studies	Subject group				Obligatory subject group in the field of study Optional subject group	
Mode of study	full-time studies	Mode of delivery				at the university	
Year of study	3	Language of instruction				Polish	
Semester of study	6	ECTS credits				1.0	
Learning profile	academic	Assessment form					
Conducting unit	Faculty of Biology						
Name and surname of lecturer (lecturers)	Subject supervisor		dr hab. Anna Wysocka				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	0.0	15.0	0.0	0.0	0.0	15
	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	15		3.0		7.0	25
Subject objectives	Presentation of the existence of the evolutionary relationship between human and food. To provide knowledge about the principles of rational nutrition. Cognition basic macro- and micronutrients of food and their role in the human body.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[BIOLMEDL3_U05] synthesises data from different sources and draws appropriate conclusions from them	draw appropriate conclusions about the role of particular macros - and micronutrients for maintaining health; can draw appropriate conclusions about the legitimacy of using various diet	[SU1] oral statement/conversation/discussion [SU2] presentation/project/paper/report [SU3] text preparation/written work [SU4] test/exam - oral or written [SU5] implementation of a problem task [SU8] observation of student's independent or team work
	[BIOLMEDL3_U12] has the ability to present his own ideas and adequate argumentation in the context of selected theoretical and practical perspectives of medical biology	the ability to choose the right food products conducive to rational nutrition	[SU1] oral statement/conversation/discussion [SU2] presentation/project/paper/report [SU3] text preparation/written work [SU4] test/exam - oral or written [SU5] implementation of a problem task [SU8] observation of student's independent or team work
	[BIOLMEDL3_K01] understands the need for lifelong learning and to update his/her knowledge of medical biology and related disciplines	understands the need to update knowledge about healthy eating	[SK8] observation of student's independent or team work
	[BIOLMEDL3_W05] knows the structure, properties and functions of human cells, tissues and organs; human physiological and biochemical processes and mechanisms of disease pathophysiology	understands the relationship between nutrition and homeostasis	[SW4] test/exam - oral or written [SW1] oral statement/conversation/discussion [SW2] presentation/project/paper/report [SW3] text preparation/written work [SW5] implementation of a problem task
[BIOLMEDL3_W10] understands and describes the physicochemical and biological basis of health sciences	knows the principles of healthy human nutrition	[SW4] test/exam - oral or written [SW1] oral statement/conversation/discussion [SW2] presentation/project/paper/report [SW3] text preparation/written work [SW5] implementation of a problem task	
Subject contents	Evolution of nutrition in human. Nutrients and their role in human nutrition. Principles of nutrition for different population groups. Food pyramid. Nutrition standards. Distribution of food rations. Food products and their nutritional value.		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	activity in class	0.0%	10.0%
	final test	51.0%	70.0%
	project (presentation)	0.0%	20.0%
Recommended reading	Basic literature	Gawęcki J. (eds.) Human nutrition. Fundamentals of nutrition science., 2010, Warsaw PWNJarosz M. ed. Nutrition standards for the Polish population. Warsaw: Food and Nutrition Institute; 2017	

	Supplementary literature	Ciborowska H., Rudnicka A. Dietetics. Nutrition of a healthy and sick person., 2016, Warsaw, PZWL. Current literature provided by the teacher or proposed by students
	eResources addresses	Adresy na platformie eNauczanie:
Example issues/ example questions/ tasks being completed		
Work placement	Not applicable	

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