

Subject card

Subject name and code	The basics of the human's nutrition, PG_00154474						
Field of study	Biology						
Date of commencement of studies	October 2024		Academic year of realisation of subject		2026/2027		
Education level	undergraduate studies		Subject group		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		2.0		8.0	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
	[BIOLL3_U05] The graduate will be able to synthesise data from a variety of sources and draw appropriate conclusions	can draw appropriate conclusions about the role of particular macros - and micronutrients for maintaining health	[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
	[BIOLL3_K01] The graduate is prepared to evaluate their own knowledge, understand the need for continuous learning and development, and is open to new ideas	understands the need to update knowledge about healthy eating	[SK8] observation of student's independent or team work
	[BIOLL3_U13] The graduate is able to present their own ideas and use adequate argumentation in the context of selected theoretical and practical perspectives	has 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
	[BIOLL3_W04] The graduate is conversant with the course of physiological processes and their relationship to the adaptation of the organism to changing environmental conditions	understands the relationship between nutrition and body homeostasis; 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%
	project (presentation)	0.0%	20.0%
	final test	51.0%	70.0%
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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