University of Gdańsk

Subject card

Subject name and code	Fundamentals of Dietetics, PG_00154681						
Field of study	Medical Biology						
Date of commencement of studies	October 2024		Academic year of realisation of subject	2025/2026			
Education level	postgraduate 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				
Conducting unit	Pracownia Neurofizjologii i Neurochemii -> Katedra Fizjologii Zwierząt i Człowieka -> Faculty of Biology						
Name and surname of lecturer (lecturers)	Subject supervisor		dr Ziemowit Ciepielewski				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	20.0	0.0	0.0	0.0	0.0	20
	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	20		3.0	27.0	50	
Subject objectives	To learn about the role of biological and environmental factors influencing human nutrition in all stages of development. To learn about nutrition standards. To understand the processes affecting eating habits. Aims and objectives of dietetic nutrition. Characteristics of selected therapeutic diets. To be able to recognise eating disorders.						

Learning outcomes

Course outcome	Subject outcome	Method of verification
[BIOLMEDMU2_W03] knows the structure and functions of the human body, biological causes of disorders, lesions and social dysfunctions, and methods of their evaluation using biochemical, molecular, parasitological or neurobiological methods	The student knows the structure and function of the digestive system, glands and hormones related to nutrition and its regulation. He/she is familiar with the most common eating disorders and the problem of obesity. He/she will be familiar with indicators used in the diagnosis of nutritional disorders, and methods of diagnosing these diseases.	[SW4] test/exam - oral or written
[BIOLMEDMU2_W01] has an in-depth knowledge of scientific fields and disciplines relevant to medical biology and the studied specialty and knows their main development trends	The student has up-to-date knowledge of dietetics and nutritional counselling as well as an understanding of the latest biomedical trends in dietetics.	[SW4] test/exam - oral or written [SW1] oral statement/ conversation/discussion
[BIOLMEDMU2_W02] is oriented to the currently debated problems in medical biology and related disciplines	The student has knowledge of current issues in dietetics and human nutrition.	[SW4] test/exam - oral or written [SW1] oral statement/ conversation/discussion
[BIOLMEDMU2_U06] knows and applies English-language specialized vocabulary of biological and medical sciences in daily professional/scientific activities	The student uses professional vocabulary in the field of dietetics and nutrition	[SU1] oral statement/conversation/ discussion [SU4] test/exam - oral or written
[BIOLMEDMU2_U01] can proficiently, but critically, use the scientific literature and databases necessary in the activities of medical biology and related disciplines	Student makes professional use of scientific literature on nutrition	[SU1] oral statement/conversation/ discussion

Subject contents

Fundamentals of gastrointestinal physiology (digestion, absorption and metabolism). Overview of carbohydrates, proteins and fats from a nutritional perspective. Vitamins and minerals in human nutrition. Basic metabolism. Mechanism of control of food intake. The brain-gut axis. Nutritional standards in human developmental stages. Basic principles of balanced nutrition according to IŻ recommendations. Pyramid and plate of nutrition. Problems of overweight and obesity. Eating disorders (anorexia nervosa, gluttonism, orthorexia, bigorexia). Ways to modify and eliminate unhealthy eating habits. Concepts of food safety and food security. Intolerances food intolerances. Applied dietetics: overview of therapeutic diets and dietary approaches ("Mediterranean diet", vegetarianism, veganism).

Prerequisites and co-requisites

Assessment methods and criteria

Subject passing criteria	Passing threshold	Percentage of the final grade
test	51.0%	100.0%

Recommended reading

Basic literature

The lecture is an authoritative study of the issues of dietetics, nutritional science and nutritional physiology based on many years of study of the literature
source literature.
Literature list
A. Literature required for final course credit (passing the exam):
A.1. used during the class
Jarosz M., Bułhak-Jachymczyk B.- Norms of human nutrition. Basics of prevention of obesity and non-infectious diseases, 2015, Warsaw.
Langley-Evans S. - Nutrition. Impact on human health., 2013, warszawa PZWL
Schlenker E.D., Gilbert J. - William's Essential of Nutrition and Diet Therapy, 12th edition, 2019, St. Louis, Elsevier
A.2. studied independently by the student
Ciborowska H., Rudnicka A. - Dietetics. Nutrition of healthy and sick man, 2016, Warsaw, PZWL.

Supplementary literature

Gertig H., Przysławski J. - Bromatologia. Zarys nauki o żywności i żywieniu., 2015, Warszawa, PZWL.
Peckenpaugh N. J. - Podstawy żywienia i dietoterapia. 2015, Urban & Partner.

Materials (review papers in English and Polish) provided by the instructor or proposed by students

eResources addresses

Adresy na platformie eNauczanie:

Example issues/ example questions/ tasks being completed	Fibre-function in the body, standard, dietary recommendations. Beneficial effects of intermittent fasting. Insulin resistance - CNS and peripheral effects. Ketogenic diet - facts and myths. Specificity of nutrition in selected autoimmune diseases (Hashimoto's, psoriasis, RA). Neurobiology of irritable bowel syndrome (role of the brain-gut axis). Therapeutic diets: DASH, FODMAP, urate diet
Work placement	Not applicable

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