

Subject card

Subject name and code	Nutrition in the Prevention and Treatment of Diseases, PG_00154766						
Field of study	Biology						
Date of commencement of studies	October 2024		Academic year of realisation of subject		2025/2026		
Education level	postgraduate studies		Subject group				
Mode of study	full-time studies		Mode of delivery		at the university		
Year of study	2		Language of instruction		Polish Polish		
Semester of study	4		ECTS credits		2.0		
Learning profile	academic		Assessment form				
Conducting unit							
Name and surname of lecturer (lecturers)	Subject supervisor						
	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		3.0		17.0	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		
	[BIOLMU2_K01] the graduate is ready for initiative and independence of action and feels the need for lifelong learning				[SK4] test/exam - oral or written		
	[BIOLMU2_W03] the graduate knows and understands research problems at the frontiers of biological sciences that require the use of advanced tools				[SW4] test/exam - oral or written		
	[BIOLMU2_U03] the graduate can critically analyse and select biological information, especially from electronic sources				[SU4] test/exam - oral or written		
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	Subject passing criteria		Passing threshold		Percentage of the final grade		
	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, Lek i żywienie - interakcje, MedPharm, Wrocław 2008 • B. Szczygieł, Niedożywienie 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, Niedożywienie 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	Adresy na platformie eNauczanie:
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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