



MODULE / SYLLABUS

EDUCATION CYCLE 2024-2027

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|--|---|---|---|
| Module/subject name: | DIETETICS | | |
| Direction: | NURSING | | |
| Level of study*: | 1st degree (bachelor's degree) II degree (master's degree) | | |
| Education profile: | practical | | |
| Type of studies*: | stationary/ part-time | | |
| Type of classes*: | mandatory X complementary <input type="checkbox"/> optional <input type="checkbox"/> | | |
| Year and semester of study*: | Year of studies*: IX II <input type="checkbox"/> III <input type="checkbox"/> | Semester of studies*: 1 <input type="checkbox"/> 2 X 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> | |
| Number of ECTS credits assigned | 2 | | |
| Language of instruction: | Polish | | |
| PSW Department Name: | Faculty of Health Sciences | | |
| Contact (phone/email): | tel.55 279 17 68 e-mail:dziekanat@psw.kwidzyn.edu.pl | | |
| Type of module/subject related to vocational training*: | <ul style="list-style-type: none"> • basic science <input type="checkbox"/> • social sciences and humanities <input type="checkbox"/> • teaching the basics of nursing care X • Specialist care education <input type="checkbox"/> | | |
| Person responsible for the module/subject: | | | |
| Person(s) in charge: | According to the study plan | | |
| Forms of student workload | | Student Load (number of teaching hours) | |
| <i>Contact hours with an academic teacher (according to the study plan)</i> | | | |
| Lectures (W) | | | 15 |
| Seminar (S) | | | |
| Conversations | | | |
| Exercises (C) | | | 12 |
| Practical classes (PK) | | | |
| BUNA - independent student work (according to the study plan) | | 14 | |
| Student workload related to professional practice (according to the study plan) | | | |
| Total student workload- total number | | 41 | |
| Number of ECTS points per subject/module | | 1.5, including 0.5 BUNA | |
| Teaching methods | <ul style="list-style-type: none"> • informative lecture (conventional), conversational lecture, talk • applied didactic methods searching: case studies, • exercises, exchange of ideas, presentation of the methods used to present – presentation, film, • self-education. | | |
| Objectives and purpose of the course | To familiarize students with the principles of rational human nutrition in health and disease. | | |
| Teaching tools | Multimedia board and projector, boards. | | |
| Prerequisites | Knowledge and skills in biochemistry, physiology, and human anatomy. | | |
| Learning outcomes matrix for a module/subject in relation to the methods of verifying the achievement of the intended learning outcomes and the form of implementation of didactic activities | | | |
| Symbol learning effect | A student who passes a module (subject) knows/understands/is able to: | Methods of verifying the achievement of intended learning outcomes | The form of teaching activities * enter symbol |
| C.W22. | Determines the body's need for nutrients. | <i>Written and/or oral examination, project or oral response</i> | W/BUNA |
| C.W23. | Presents the principles of nutrition for healthy and sick people of various ages, as well as enteral and parenteral nutrition. | <i>Written and/or oral examination, project or oral response</i> | W/BUNA |

| | | | |
|--------|--|---|----------|
| C.W24. | Defines the principles of dietary treatment and complications of diet therapy. | <i>Written and/or oral examination, project or oral response</i> | W/BUNA |
| C.W25. | Presents the types and uses of foodstuffs for particular nutritional uses. | <i>Written and/or oral examination, project or oral response</i> | W/BUNA |
| C.U35. | Assesses the nutritional status of the body using anthropometric, biochemical and subjective examination methods and provides nutritional counseling. | <i>Implementation of the assigned task</i> | C |
| C.U36. | Uses therapeutic diets for selected conditions. | <i>Implementation of the assigned task</i> | C |
| C.U37. | Selects foods for particular nutritional uses and issues prescriptions for them as part of the implementation of medical orders and provides information on their use. | <i>Implementation of the assigned task</i> | C |
| O.K4. | Takes responsibility for the professional activities performed. | <i>Written and/or oral examination, project or oral answer, completion of assigned task</i> | W/C/BUNA |

*W-lecture; S-seminar; K-conversations; C-exercises; ZP-practical classes; PZ-professional internships; BUNA-independent student work

EXAMPLES OF METHODS FOR VERIFYING LEARNING OUTCOMES

in terms of knowledge (lectures/seminars): and oral exam (non-standardized, standardized, traditional, problem-based); written exam – the student generates / recognizes the answer (essay, report; short structured questions /SSQ/; multiple choice test /MCQ/; multiple answer test /MRQ/; matching test; Y/N test; answer completion test),

in terms of skills (exercises/conversations): Practical exam; Objective Structured Clinical Examination /OSCE/; Mini-CEX (mini – clinical examination); Realization of assigned task; Project, presentation

in the field of social competences: reflective essay; extended observation by supervisor/lead teacher; 360° feedback (opinions from teachers, colleagues, patients, other collaborators); Self-assessment (including portfolio)

BUNA –the student's own work is verified by assessing the degree to which the assumed learning outcomes have been achieved: a test checking the student's knowledge of the topics specified in the syllabus, but also through term papers, projects, presentations and any other mid-semester work.

PROGRAM CONTENT TABLE

| Program content | Number of hours | Relating learning outcomes to CLASSES |
|--|-----------------|---|
| LECTURES, semester II | | |
| 1. Development of food science and nutrition. | 2 | C.W22. C.W23. |
| 2. Macro and micronutrients of the diet. | 2 | C.W22. C.W23. C.W25. |
| 3. Nutritional standards – consumption norms – assessment of nutritional habits. | 2 | C.W22. C.W23. C.W25. O.K4. |
| 4. Qualitative and quantitative demand for nutrients in a healthy person. Nutritional prophylaxis. | 2 | C.W22. C.W23. C.U35. O.K4. |
| 5. General principles of nutrition in various disease states. | 2 | C.W22. C.W23. C.U35. C.U37. |
| 6. Formulating and implementing nutritional recommendations for healthy and sick people (nurse's role). | 3 | C.W22. C.W23. C.W24. C.U35. C.U36. C.U37. O.K4. |
| 7. Nutrition options taking into account the route of administration of meals – enteral and parenteral nutrition. | 2 | C.W22. C.W23. C.W24. C.U35. O.K4. |
| EXERCISES, semester II | | |
| 1. Selection of foods for particular nutritional uses and skills enabling the issuance of prescriptions for foods for particular nutritional uses necessary for the continuation of treatment, as part of the implementation of medical orders, and is able to provide information on their use. | 4 | C.W22. C.W23. C.W24. C.W25. C.U35. C.U37. O.K4. |
| 2. Therapeutic diets. | 4 | C.W22. C.W23. C.W24. C.W25. C.U35. C.U36. O.K4. |
| 3. Assessment of the nutritional status of the body using anthropometric, biochemical methods and subjective examination. | 4 | C.W22. C.W23. C.U35. C.U37. O.K4. |
| BUNA – independent student work, semester II | | |
| 1. Nutrition of bedridden patients, post-operative patients, people with hypertension (DASH diet), people with dementia (MIND diet). | 3 | C.W22. C.W23. C.W24. C.U35. C.U36. C.U37. O.K4. |

| | | |
|---|---|--|
| 2. Detailed recommendations in the easily digestible diet and the Mediterranean diet. | 2 | C.W22. C.W23. C.W24. C.W25. C.U35. C.U36. O.K4. |
| 3. Non-nutritive dietary components. | 2 | C.W22. C.W23. C.U35. O.K4. |
| 4. Nutrition assessment – diet quality criteria. | 2 | C.W22. C.W23. C.W25. C.U35. O.K4. |
| 5. Criteria for the use of enteral or parenteral nutrition. | 3 | C.W22. C.W23. C.W24. C.U35. O.K4. |
| 6. Nutrition in diseases of civilization: diabetes, hypertension, atherosclerosis, cancer, obesity, metabolic syndrome. | 2 | C.W22. C.W23. C.W24. C.W25. C.U35. C.U36. C.U37. O.K4. |

LITERATURE LIST

Basic literature:

1. Grzymisławski M., Dietetyka kliniczna, PZWL, Warszawa 2019.

Additional literature:

1. Ciborowska H., Rudnicka A., Dietetyka. Żywnienie zdrowego i chorego człowieka, PZWL, Warszawa 2021.

Method of passing and forms and basic assessment criteria/examination requirements

How to pass

- Exam - lectures
- Graded exam – exercises
- Pass without grade – BUNA

Forms and criteria for passing

PASSING A SUBJECT - THE SUBJECT ENDS WITH AN EXAMINATION

Lecture:

The basis for obtaining a credit/pass is:

- 100% attendance; confirmed by an entry on the attendance list,
- a possible 10% absence compensated in an individual manner agreed with the teacher,
- active participation in lectures (joining the discussion initiated by the lecturer, showing interest in the issues discussed during the lecture),

Exercises

The basis for obtaining credit for a grade is:

- 100% attendance; confirmed by an entry on the attendance list,
- active participation in exercises (joining the discussion initiated by the lecturer, showing interest in the issues discussed during the exercises),
- correct, positively assessed oral answer to 3 questions on the content relating to the learning outcomes in the field of knowledge and skills, asked to the student during the exercises,

Assessment criteria – oral response

| Rate | Criterion |
|--------------|--|
| Very good | Correct, complete, independent answer to 3 questions asked to the student by the instructor |
| All right | Correct answer, requiring slight guidance from the teacher, to 3 questions asked to the student |
| Sufficient | Correct, incomplete, requiring significant guidance from the teacher, answer to 3 questions asked to the student |
| Insufficient | No answer or incorrect answer to any of the 3 questions asked to the student |

BUNA assessment criteria - independent student work

| Assessment criteria | Rating: pass/fail |
|---|-------------------|
| Compatibility of the work content with the subject of education | |
| Content evaluation of the work | |
| Evaluation of the selection and use of sources | |
| Assessment of the formal aspect of the work (footnotes, language) | |
| *(work recommendations) | |
| | (rate) |
| | (signature) |

* if any of the criteria are not met, the work should be corrected according to the lecturer's recommendations

FINAL SUBJECT EXAM

- The condition for admission to the examination is obtaining credits for the lectures and exercises/seminars as well as passing BUNA (project).
- The exam is in the form of a written test, multiple choice test /MCQ/ with one correct answer (each correct answer is worth 1 point, no answer or incorrect answer is worth 0 points, at least 60% of correct answers qualifies for a positive grade.

Test Grading Criteria

| Rate | Very good (5.0) | Good plus (4.5) | Good (4.0) | Sufficient plus (3.5) | Satisfactory (3.0) | Insufficient (2.0) |
|-------------------|-----------------|-----------------|------------|-----------------------|--------------------|--------------------|
| % correct answers | 93-100% | 85-92% | 77-84% | 69-76% | 60-68% | 59% and less |

and/or oral response

Assessment criteria – oral response

| Rate | Criterion |
|--------------|--|
| Very good | Correct, complete, independent answer to 3 questions asked to the student by the instructor |
| All right | Correct answer, requiring slight guidance from the teacher, to 3 questions asked to the student |
| Sufficient | Correct, incomplete, requiring significant guidance from the teacher, answer to 3 questions asked to the student |
| Insufficient | No answer or incorrect answer to any of the 3 questions asked to the student |

FINAL SUBJECT GRADE:

- the exam constitutes 60% of the final grade of the subject,
- the remaining 40% is the average grade from the remaining forms of classes.

The final grade is calculated according to the following criteria:

- 3.0 -3.24 – satisfactory (3.0)
- 3.25 -3.74 – satisfactory (3.5)
- 3.75 -4.24 – good (4.0)
- 4.25-4.74 – good plus (4.5)
- 4.75 -5.0 – very good (5.0)

Conditions for making up classes missed due to justified reasons:

Making up missed classes is only possible in the case of a student's illness documented by a medical certificate or other unforeseen reasons. The excuse for classes and crediting the material covered by lectures or exercises during the period of absence is made by the lecturer conducting the classes.

Both a student returning from dean's leave and a student repeating a year are required to attend all classes and take the exam. Only if the exam in a given year is graded at least satisfactory (3.0) can a student repeating a year due to a different subject be exempted from the obligation to attend classes and pass and pass the subject.

Approval: Vice-Rector for Education