

**Warszawski Uniwersytet Medyczny**

**Medical University of WarsaW**

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| 1. **Imprint** | | | | | | | | | |
| *Faculty name:* | | | | Faculty of Medicine and Dentistry | | | | | |
| *Syllabus (field of study, level and educational profile, form of studies, e.g., Public Health, 1st level studies, practical profile, full time):* | | | | English Dentistry Division, practical profile, full time | | | | | |
| *Academic year:* | | | | 2016/2017 | | | | | |
| *Module/subject name:* | | | | **Nutrition in Sports** | | | | | |
| *Subject code (from the Pensum system):* | | | |  | | | | | |
| *Educational units:* | | | | Department of Social Medicine and Public Health  02-007 Warszawa, ul. Oczki 3  Tel. 022-621-52-56 | | | | | |
| *Head of the unit/s:* | | | | Dr hab. n. med. Aneta Nitsch - Osuch | | | | | |
| *Study year (the year during which the respective subject is taught):* | | | | 2nd-4th | | | | | |
| *Study semester (the semester during which the respective subject is taught):* | | | | Winter and Summer semesters | | | | | |
| *Module/subject type (basic, corresponding to the field of study, optional):* | | | | Optional | | | | | |
| *Teachers (names and surnames and degrees of all academic teachers of respective subjects):* | | | | Anna Jagielska, MD  Aleksandra Kozłowska, BSc | | | | | |
| *ERASMUS YES/NO (Is the subject available for students under the ERASMUS programme?):* | | | | YES | | | | | |
| *A person responsible for the syllabus (a person to which all comments to the syllabus should be reported)* | | | | Anna Jagielska, MD  Tel. 022-621-51-97 | | | | | |
| *Number of ECTS credits:* | | | | 0,75 | | | | | |
| 1. **Educational goals and aims** | | | | | | | | | |
| The aim of the course is to provide students with:  1. The principles of nutrition in physical activity.  2. The relationship between nutrition and physical performance of the body.  3. Basics of dietary advice for people practicing sports. | | | | | | | | | |
| 1. **Initial requirements** | | | | | | | | | |
| 1. Basic knowledge in chemistry, biology, human physiology and pathophysiology. 2. Knowledge of the biochemistry and physiology of nutrition. | | | | | | | | | |
| 1. **Learning outcomes corresponding to the subject** | | | | | | | | | |
| **A list of learning outcomes** | | | | | | | | | |
| Symbol | | | Description | | | | | | |
| **W1** | | | Knows the consequences of improper nutrition, including prolonged starvation, overeating and unbalanced diet. | | | | | | B.W19. |
| **W2** | | | Is familiar with the function and regulation of all organs and systems of the human body, including cardiovasculatory and respiratory systems, digestive and urinary tracts and skin. Understands the dependencies between them. | | | | | | B.W25. |
| **W3** | | | Is familiar with the basics of evidence-based medicine. | | | | | | D.W20. |
| **W4** | | | Knows the methods for assessing the health status of individuals and populations, various systems of classification of diseases. | | | | | | G.W1. |
| **W5** | | | Knows ways of identification and examination of risk factors, the advantages and disadvantages of different types of epidemiological studies and measurements for assessing the cause - outcome effect. | | | | | | G.W2. |
| **U1** | | | Provides direction of biochemical processes, depending on the cell energy status. | | | | | | B.U6. |
| **U2** | | | Describes the changes in the body function in the situation of disorder of homeostasis, in particular defines its integrated response to physical effort, exposure to high or low temperature, loss of water. | | | | | | B.U7. |
| **U3** | | | Performs Simple tests to assess human body function as a stable system (exercise stress test), interprets the outcomes of the basic physiological variables. | | | | | | B.U8. |
| **U4** | | | Recognizes self deficits and educational needs, plans its own activity. | | | | | | D.U16. |
| **U5** | | | Critically examines the medical references, including local and foreign literature, draws conclusions based on the available literature | | | | | | D.U17. |
| **U6** | | | Trying to avoid ma king a medical error in their own activities. | | | | | | G.U6. |
| 1. **Forms of classes** | | | | | | | | | |
| *Form* | | *Number of hours* | | | | | *Number of groups* | | |
| *Lecture* | | *-* | | | | | *-* | | |
| *Seminar* | | 15 | | | | | Min. 1 groups of min.20 students  Course on Saturdays or from Monday to Friday according to students plan of clinical classes  **Email: fakultety20162017@gmail.com** | | |
| *Practical classes* | | *-* | | | | | *-* | | |
| 1. **Subject topics and educational contents** | | | | | | | | | |
| S1. –Seminar 1 - Adaptation of the human body to exercise – Anna Jagielska, MD,  S2. –Seminar 2. - Types of training – Anna Jagielska, MD  S3. –Seminar 3. - Sources of energy in physical activity - Aleksandra Kozłowska, BSc  S4. –Seminar 4. - Diet, liquids and supplements in sports - Aleksandra Kozłowska, BSc  S5. –Seminar 5. - Environment and physical capacity – Anna Jagielska, MD  S6. –Seminar 6. - The importance of physical activity at different stages of human life – Anna Jagielska, MD  S7. –Seminar 7. - Nutrition during the competition - Aleksandra Kozłowska, BSc  S8. –Seminar 8. - Individual evaluation of the energy balance – Anna Jagielska, MD, Aleksandra Kozłowska, BSc  S9. –Seminar 9. - Individual assessment of diet– Anna Jagielska MD, Aleksandra Kozłowska, BSc  S10. –Seminar 10. - Individual evaluation of nutritional status– Anna Jagielska, MD, Aleksandra Kozłowska, BSc  S1-S8: W2-W5, U1-U6  S1-S7 and S 10: W1-W5, U1-U6  S1-S7 and S 9: W1, W4, W5, U1-U6 | | | | | | | | | |
| 1. **Methods of verification of learning outcomes** | | | | | | | | | |
| Learning outcome corresponding to the subject (symbol) | Forms of classes (symbol) | | | | Methods of verification of  a learning outcome | | | Credit receiving criteria | |
| W2-W5  U1-U6 | S1-S8 | | | | Individual evaluation of the energy balance (oral) | | | grade | |
| W1-W5  U1-U6 | S1-S7 i S 10 | | | | Individual assessment of nutritional status (oral) | | | grade | |
| W1, W4, W5  U1-U6 | S1-S7 i S 9 | | | | Individual assessment of diet (written) | | | grade | |
| 1. **Evaluation criteria** | | | | | | | | | |
| **Form of receiving credit in a subject:** grade | | | | | | | | | |
| grade | | | | | | criteria | | | |
| **2.0 (failed)** | | | | | | Absence at seminars. Lack of written paper.. | | | |
| **3.0 (satisfactory)** | | | | | | Presence at seminars. Active participating in the course. Written paper graded as satisfactory. | | | |
| **3.5 (rather good)** | | | | | | Presence at seminars. Active participating in the course. Written paper graded as rather good. | | | |
| **4.0 (good)** | | | | | | Presence at seminars. Active participating in the course. Written paper graded as good. | | | |
| **4.5 (more than good)** | | | | | | Presence at seminars. Active participating in the course. Written paper graded as more than good. | | | |
| **5.0 (very good)** | | | | | | Presence at seminars. Active participating in the course. Written paper graded as very good. | | | |
| 1. **Literature** | | | | | | | | | |
| Obligatory literature:   1. Medicina Sportiva Practica (www. medicinasportiva.pl) 2. Journal of International Society of Sports and Nurtition 3. Exercise physiology. Energy, Nutrition and Human Performance. McArdle WD i wsp. LWW wyd. 6.   Supplementary literature:   1. Modern nutrition in health and disease. pod. red. ME Skills i wsp., LWW, 10th edition 2. Diet, physical activity and cardiovascular disease prevention in Europe. European Heart Network. <http://www.sante.public.lu/publications/maladies-traitements/accident-vasculaire-cerebral/diet-physical-activity-cardiovascular-disease-prevention-europe/diet-physical-activity-cardiovascular-disease-prevention-europe.pdf>… | | | | | | | | | |
| 1. **ECTS credits calculation** | | | | | | | | | |
| ***Form of activity*** | | | | | ***Number of hours*** | | | ***Number of ECTS credits*** | |
| ***Direct hours with an academic teacher:*** | | | | | | | | | |
| Lectures | | | | | ***-*** | | | ***-*** | |
| Seminars | | | | | 15 | | | 0,25 | |
| Practical classes | | | | | ***-*** | | | *-* | |
| ***Student's independent work*** *(examples of the form of work):* | | | | | | | | | |
| Student's preparation for a seminar | | | | | 15 | | | 0,25 | |
| Student's preparation for a class | | | | | 15 | | | 0,25 | |
| Preparation for obtaining credits | | | | | ***-*** | | | *-* | |
| Other (please specify) | | | | | ***-*** | | | *-* | |
| Total | | | | | ***-*** | | | ***0,75*** | |
| 1. **Additional Information** | | | | | | | | | |
| * Schedule is shown on the notice board of the Department. * Classes are conducted in the form of exercise. * Before by the accession course, students should read the recommended literature. * Attendance is obligatory. | | | | | | | | | |

Signature of the Head of the Unit

Signature of the person responsible for the syllabus