



**MODULE / SYLLABUS**  
**EDUCATION CYCLE 2022-2025**

<b>Module/subject name:</b>	<b>DIETETICS</b>		
<b>Direction:</b>	<b>NURSING</b>		
<b>Level of study*:</b>	<b>I degree (bachelor's)</b> II degree (master's degree)		
<b>Profile of education:</b>	<b>practical</b>		
<b>Type of studies*:</b>	<b>stationary</b> / non-stationary		
<b>Type of classes*:</b>	mandatory <b>X</b> supplementary <input type="checkbox"/> to choose from <input type="checkbox"/>		
<b>Year and semester of studies*:</b>	Year of study*: I <input type="checkbox"/> II <b>X</b> III <input type="checkbox"/>	Semester*: 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <b>X</b> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/>	
<b>Number of ECTS credits assigned</b>	<b>2</b>		
<b>Language of instruction:</b>	<b>English</b>		
<b>Name of the PSW Department:</b>	<b>Faculty of Health Sciences</b>		
<b>Contact (tel./email):</b>	<b>Tel. 55,279 17,68</b> <b>e-mail: dziekanat@psw.kwidzyn.edu.pl</b>		
<b>Type of module/subject relating to apprenticeships*:</b>	<ul style="list-style-type: none"> <li>• basic sciences <input type="checkbox"/></li> <li>• social sciences and humanities <input type="checkbox"/></li> <li>• basic nursing care science <b>X</b></li> <li>• specialist care <input type="checkbox"/></li> </ul>		
<b>Presenter(s):</b>	according to the studies plan		
<b>Forms of student workload</b>		<b>Student charge (number of teaching hours)</b>	
<i>Contact hours with an academic teacher (according to the study plan)</i>			
Lectures (W)		<b>15</b>	
Seminar (S)			
E-learning (e-L)			
Conversatories			
Exercises (C)		<b>12</b>	
Practical classes (ZP)			
<b>BUNA - independent student work (according to the study plan)</b>		<b>28</b>	
Student's workload related to work placements ( <i>according to the study plan</i> )			
<b>Total student workload – total number</b>		<b>55</b>	
<b>Number of ECTS credits per subject/module</b>		<b>2 including 0 BUNA</b>	
<b>Didactic methods</b>	<ul style="list-style-type: none"> <li>• giving (lecture, talk),</li> <li>• programmatic (using audiovisual tools, boards),</li> <li>• activating (case method, situational method,</li> <li>• staging method, didactic discussion, project method),</li> <li>• analysis of clinical cases.</li> </ul>		
<b>Assumptions and aim of the subject</b>	Familiarizing students with the principles of rational human nutrition in health and disease.		
<b>Teaching tools</b>	Board and multimedia projector, boards.		
<b>Prerequisites</b>	Knowledge and skills in biochemistry, physiology, human anatomy.		
<b>Matrix of learning outcomes for the module / subject in relation to the methods of verifying the achievement of the intended learning outcomes and the form of implementation of didactic classes</b>			
Symbol learning outcome	Students who pass the module (subject) know/understand/are able to:	Methods for verifying the achievement of the intended learning outcomes	Form of implementation of didactic classes * enter the symbol
C.W22.	Determines the body's nutrient requirements.	<i>Written and/or oral examination, project or oral answer</i>	W/ BUNA

C.W23.	Presents the principles of nutrition for healthy and sick people of different ages, as well as enteral and parenteral nutrition.	<i>Written and/or oral examination, project or oral answer</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 answer</i>	W/ BUNA
C.W25.	Presents the types and use of foodstuffs for special nutritional purposes.	<i>Written and/or oral examination, project or oral answer</i>	W/BUNA
C.U35.	Evaluates the nutritional status of the body using anthropometric, biochemical and physical examination methods and provides nutritional counseling.	<i>Implementation of the commissioned task</i>	Ć
C.U36.	Uses therapeutic diets in selected diseases.	<i>Implementation of the commissioned task</i>	Ć
C.U37.	Selects foodstuffs for special nutritional purposes and issues prescriptions for them in fulfillment of medical orders and provides information on their use.	<i>Implementation of the commissioned task</i>	Ć
O.K4.	Takes responsibility for professional activities performed.	<i>Written and/or oral examination, project or oral answer, performance of a commissioned task</i>	W/Ć/BUNA

\*W-lecture; S-seminar; EL- e-learning; K -conversations; Ć-exercises; ZP-practical classes; PZ-professional internships; BUNA-independent student work

#### EXAMPLES OF METHODS FOR THE VERIFICATION OF LEARNING OUTCOMES

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

**in terms of skills (exercises/seminars):** Practical examination; Objective Structured Clinical Examination (OSCE); Mini-CEX (mini – clinical examination); Implementation of the commissioned task; Design, presentation

**in the field of social competences:** reflective essay; prolonged observation by the tutor / teacher of the teacher; 360° assessment (opinions of teachers, colleagues, patients, other colleagues); Self-assessment (including portfolio)

**BUNA** – the student's own work is verified by assessing the degree of implementation of the assumed learning outcomes: a test checking the student's knowledge of the subject specified in the syllabus, but also through final papers, projects, presentations and any other mid-term work.

#### TABLE OF PROGRAMME CONTENTS

Program content	Number of hours	Reference of learning outcomes to CLASSES
<b>LECTURES, semester III</b>		
1. Development of food and nutrition science.	2	C.W22. C.W23.
2. Macro and micronutrients of the diet.	2	C.W22. C.W23. C.W25.
3. Nutritional standards – consumption norms – dietary assessment.	2	C.W22. C.W23. C.W25. O.K4.
4. Qualitative and quantitative nutrient requirements 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. Formulation and implementation of nutritional recommendations for healthy and sick people (role of a nurse).	3	C.W22. C.W23. C.W24. C.U35. C.U36. C.U37. O.K4.
7. Feasibility of nutrition considering the route of administration of meals - enteral and parenteral nutrition.	2	C.W22. C.W23. C.W24. C.U35. O.K4.
<b>EXERCISES, semester III</b>		
1. Selection of foodstuffs for special nutritional purposes and skills to issue prescriptions for foodstuffs for special nutritional purposes necessary for the continuation of treatment, in the implementation of medical orders, and can 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 subject examination.	4	C.W22. C.W23. C.U35. C.U37. O.K4.
<b>BUNA – independent student work, semester III</b>		
1. Nutrition of bedridden patients, patients after surgery, people with hypertension (DASH diet), people with dementia (MIND diet).	5	C.W22. C.W23. C.W24. C.U35. C.U36. C.U37. O.K4.
2. Specific recommendations in the easy-to-digest diet and the Mediterranean diet.	5	C.W22. C.W23. C.W24. C.W25. C.U35. C.U36. O.K4.
3. Non-nutrition components of the diet.	4	C.W22. C.W23. C.U35. O.K4.
4. Evaluation of diet – diet quality criteria.	5	C.W22. C.W23. C.W25. C.U35. O.K4.
5. Criteria for the use of enteral or parenteral nutrition.	4	C.W22. C.W23. C.W24. C.U35. O.K4.
6. Nutrition in civilization diseases: diabetes, hypertension, atherosclerosis, cancer, obesity, metabolic syndrome.	5	C.W22. C.W23. C.W24. C.W25. C.U35. C.U36. C.U37. O.K4.

### LIST OF LITERATURE

#### Basic literature:

1. Katz D. (editor), Nutrition in Clinical Practice, Wolters Kluwer Health, 2022

#### Supplementary literature:

1. Susan Dudek, Nutrition Essentials for Nursing Practice, Wolters Kluwer Health, 2021

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

#### Method of credit

- Exam – lectures
- Passing with grade – exercises
- Passing without a grade – BUNA

#### Forms and criteria for passing

PASSING THE SUBJECT - THE SUBJECT ENDS WITH AN EXAM

#### Lecture:

The basis for obtaining pass/fail is:

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

#### Exercise

The basis for obtaining credit for the assessment is:

- attendance 100%; 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 evaluated oral answer to 3 questions from the content related to the learning outcomes in the field of knowledge and skills, asked to the student during the exercises,

#### Evaluation criteria — oral answer

Assessment	Criterion
Very good	Correct, full, independent answer to 3 questions asked to the student by the lecturer
Endorsement	Correct, requiring little orientation by the teacher, answer to the 3 questions asked to the student
Sufficient	Correct, incomplete, requiring significant orientation by the teacher answer to the 3 questions asked to the student
Insufficient	No answer or incorrect answer to each of the 3 questions asked to the student

#### BUNA evaluation criteria - independent student work

Evaluation criteria	Assessment: pass/fail
Compliance of the content of the work with the subject of education	
Substantive assessment of work	

Evaluation of the selection and use of sources	
Assessment of the formal side of the work (footnotes, language)	
<i>*(recommendations for work)</i>	
	<i>(rating)</i>
	<i>(signature)</i>

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

### FINAL EXAM IN THE SUBJECT

- The condition for admission to the exam is to obtain credit from lectures and exercises / seminars and pass BUNA (project).
- The exam takes the form of a written test, a multiple-choice test /MCQ/ with one correct answer (each correct answer is 1 point, no answer or incorrect answer 0 points, a minimum of 60% of correct answers qualify for a positive assessment).

### Test evaluation criteria

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

and/or reply orally

### Evaluation criteria – oral answer

Assessment	Criterion
Very good	Correct, full, independent answer to 3 questions asked to the student by the lecturer
Endorsement	Correct, requiring little orientation by the teacher, answer to the 3 questions asked to the student
Sufficient	Correct, incomplete, requiring significant orientation by the teacher answer to the 3 questions asked to the student
Insufficient	No answer or incorrect answer to each of the 3 questions asked to the student

### FINAL GRADE IN THE SUBJECT:

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

The final grade is recalculated according to the following criteria:

- 3.0 -3.24 – sufficient (3.0)
- 3.25 -3.74 – sufficient (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 for excused reasons:

Making up missed classes is possible only in the case of a student's illness documented by a medical exemption or other fortuitous reasons. Excusing classes and passing the material covered in lectures or exercises during the period of absence is done by the lecturer conducting the class.

Both a student returning from a dean's leave and a student repeating a year are required to attend all classes and take an exam. Only in the case of obtaining a grade of at least satisfactory (3.0) from an exam in a given year, a student repeating a year due to another subject may be exempted from having to attend classes and pass and pass the subject.

**Acceptance: Vice-Chancellor for Science and Educational Quality**