



MODULE / SYLLABUS
EDUCATION CYCLE 2023-2026

Module/subject name:	DIETETICS		
Direction:	NURSING		
Level of study*:	I degree (bachelor's) II degree (master's degree)		
Profile of education:	practical		
Type of studies*:	stationary / non-stationary		
Type of classes*:	mandatory X supplementary <input type="checkbox"/> to choose from <input type="checkbox"/>		
Year and semester of studies*:	Year of study*: I <input type="checkbox"/> II X III <input type="checkbox"/>	Semester*: 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 X 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/>	
Number of ECTS credits assigned	2		
Language of instruction:	English		
Name of the PSW Department:	Faculty of Health Sciences		
Contact (tel./email):	Tel. 55,279 17,68 e-mail: dziekanat@psw.kwidzyn.edu.pl		
Type of module/subject relating to apprenticeships*:	<ul style="list-style-type: none"> • basic sciences <input type="checkbox"/> • social sciences and humanities <input type="checkbox"/> • basic nursing care science X • specialist care <input type="checkbox"/> 		
Presenter(s):	according to the studies plan		
Forms of student workload		Student charge (number of teaching hours)	
<i>Contact hours with an academic teacher (according to the study plan)</i>			
Lectures (W)	15		
Seminar (S)			
E-learning (e-L)			
Conversatories			
Exercises (C)	12		
Practical classes (ZP)			
BUNA - independent student work (according to the study plan)		28	
Student's workload related to work placements (<i>according to the study plan</i>)			
Total student workload – total number		55	
Number of ECTS credits per subject/module		2, including 1 BUNA	
Didactic methods	<ul style="list-style-type: none"> • giving (lecture, talk), • programmatic (using audiovisual tools, boards), • activating (case method, situational method, • staging method, didactic discussion, project method), • analysis of clinical cases. 		
Assumptions and aim of the subject	Familiarizing students with the principles of rational human nutrition in health and disease.		
Teaching tools	Board and multimedia projector, boards.		
Prerequisites	Knowledge and skills in biochemistry, physiology, human anatomy.		
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			
Symbol learning outcome	The graduate: knows and understands / is able to / is ready to	Methods for verifying the achievement of the intended learning outcomes	Form of implementation of didactic classes * enter the symbol
C.W22.	human nutritional requirements;	<i>Written and/or oral examination, draft or oral answer</i>	W/ BUNA
C.W23.	nutrition principles for healthy and ill people of different age, the nature of enteral and parenteral nutrition;	<i>Written and/or oral examination, draft or oral answer</i>	W/ BUNA
C.W24.	principles and complications of dietary treatment,;	<i>Written and/or oral examination, draft or oral answer</i>	W/ BUNA

C.W25.	types and applications of special-purpose foods;	<i>Written and/or oral examination, draft or oral answer</i>	W/BUNA
C.U35.	evaluate a person's nutritional status using anthropometric methods, biochemical methods, and medical history taking, and offer nutrition counselling services	<i>Implementation of the commissioned task</i>	Ć
C.U36.	apply diet therapies in selected medical conditions;	<i>Implementation of the commissioned task</i>	Ć
C.U37.	select, issue prescriptions for and instruct patients in the use of special- purpose foods necessary to continue treatment as directed by a physician	<i>Implementation of the commissioned task</i>	Ć
O.K4.	take responsibility for their professional activities;	<i>Written and/or oral examination, draft 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
LECTURES, semester III		
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 – assessment of diet.	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 rules 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. The possibility of nutrition taking into account the route of serving meals – enteral and parenteral nutrition.	2	C.W22. C.W23. C.W24. C.U35. O.K4.
EXERCISES, semester III		
1. The selection of foodstuffs for particular nutritional uses and the ability to prescribe foodstuffs for particular nutritional uses necessary for the continuation of treatment, as part of the execution of medical orders, and shall be 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 and subjective examination methods.	4	C.W22. C.W23. C.U35. C.U37. O.K4.
BUNA – independent student work, semester III		
• 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.
1. Detailed recommendations in the easily digestible diet and in the Mediterranean diet.	5	C.W22. C.W23. C.W24. C.W25. C.U35. C.U36. O.K4.

2. Non-nutritive components of the diet.	4	C.W22. C.W23. C.U35. O.K4.
3. Assessment of diet – criteria for the quality of the diet.	5	C.W22. C.W23. C.W25. C.U35. O.K4.
4. Criteria for the use of enteral or parenteral nutrition.	4	C.W22. C.W23. C.W24. C.U35. O.K4.
5. 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 credit/zal is:

- presence of 100%; confirmed by an entry on the attendance list,
- possible 10% absence balanced in a manner individually agreed with the lecturer,
- 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:

- presence of 100%; confirmed by an entry on the attendance list,
- active participation in the 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 in the field of content related to 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: zal/nzal
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 abandoned for justified reasons:

Making up for abandoned classes is possible only in the case of a student's illness documented by sick leave or other random reasons. Justification of classes and passing of material being the subject of 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 the year is obliged to attend all classes and take the exam. Only if the exam in a given year has been obtained with at least a sufficient grade (3.0), a student repeating the year due to another subject may be exempted from the need to attend classes and pass and pass the subject.

Acceptance: Vice-Rector for Teaching and Student Affairs