**ACADEMIC DISCIPLINE OVERVIEW**

1. **Program data**

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| **1.1.** | **GRIGORE T. POPA UNIVERSITY OF MEDICINE AND PHARMACY IASI** | | | | | | | |
| **1.2.** | **FACULTY OF MEDICAL BIOENGINEERING** | | | | | | | |
| **1.3.** | **PROGRAMME:** Physio-kinetotherapy and rehabilitation | | | | | | | |
| **1.4.** | **STUDY FIELD:** Health | | | | | | | |
| **1.5.** | **STUDY CYCLE**: UNDERGRADUATE | | | | | | | |
| **1.6.** | **STUDY PROGRAMME:** INENGLISH | | | | | | | |
| 1. **Subject data** | | | | | | | | |
| **2.1.** | **Subject: ELEMENTS OF NUTRITION AND DIETETICS**  RE1107 | | | | | | | |
| **2.2.** | **Module leader: Lecturer Zagnat Marin, PhD** | | | | | | | |
| **2.3.** | **Seminar leader: Lecturer Zagnat Marin, PhD** | | | | | | | |
| **2.4. Year of study** | | **1** | **2.5. Semester in which is taught** | **1** | **2.6. Evaluation type** | Exam | **2.7. Subject status** | Mandatory  DD |

1. **Estimated total time (hours/semester of didactic activity)**

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| **3.1.Number of hours / week** | 2 | **3.2. Courses number of hours / week** | 1 | **3.3.Seminar / l practical classes** | 1 |
| **3.4. Total number of learning hours** | 28 | **3.5. Courses** | 14 | **3.6. Seminar / practical classes** | 14 |
| **3.7. Distribution of the available time** | | | | | Hours |
| **Study based on the manual, lecture support, bibliography and hand notes** | | | | | 20 |
| **Supplementary documentation in the library, using specialised platforms via internet and by field work** | | | | | 16 |
| **Preparation for seminars / practical classes, study themes, reviews, portofolio, and essays** | | | | | 7 |
| **Tutorship** | | | | | 3 |
| **Examinations** | | | | | 2 |
| **Other activities (clinical training)** | | | | | 4 |
| **3.8. Total hours of individual study** | | | | | 47 |
| **3.9. Total hours pes semester** | | | | | 75 |
| **3.10. Number of credits** | | | | | 3 |

1. **Preconditions (where applicable)**

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| **4.1.** of curriculum | - |
| **4.2.** of competences | Knowledge of communication means between basic units of living matter and extracellular environment |

1. **Conditions (where applicable)**

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| **5.1.** for lectures | Projector |
| **5.2.** for seminars / practical classes | Students will wear protection equipement (white coat) |

1. **Specific competences acquired**

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| Professional competences (expressed as knowledge and abilities) | C1.1 Description of concepts, theories and basic notions for physiological and pathological mechanisms of the human body about nutrition.  C1.2 Formulation of hypotheses and operationalization of key concepts to explain syndromes and / or diseases  C1.3 Awareness of the importance and impact on human health preventive medicine. The ability to plan the use of resources and materials to effectively manage time budget. |
| Transverse competences (of role, of professional development, personal) | Identifying roles and responsabilities in a multidisciplinary team.  Efficiency in teamwork and in patient relationship |

1. **Objectives of the study discipline (according to the grid of specific competences acquired)**

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| **7.1.** General objective | Knowledge of the principles and fundamentals elements of nutrition and dietetics. |
| **7.2.** Specific objectives | Knowledge of general notions ofnutritional status, as well as establishing a diet in both acute and chronic diseases. The diet is important at all stages of life, in iatrogenic pathology and allergy, etc.  This discipline aims to guide the student on proper diet schemes for healthy and sick man. |

1. **Contents**

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| **8.1. Lecture** | **Teaching methods** | **Observations** |
| 1 Physiological bases of nutrition. Digestion and absorption of the main food groups. The main macro and micronutrients. | Interactive lecture, discussions, explanations | 2 hours |
| 2. Healthy human diet (by age group). Normal eating behavior. Eating disorders: anorexia nervosa. Bulimia nervosa and other eating disorders. | Interactive lecture, discussions, explanations | 2 hours |
| 3. Nutritional status. Means for assessing nutritional status (anthropometric indices, laboratory explorations). Obesity and malnutrition. | Interactive lecture, discussions, explanations | 2 hours |
| 4. Stages of development and individualization of diet. Prophylactic diet, implementing the principles of nutritional education, assessing and monitoring the results. | Interactive lecture, discussions, explanations | 2 hours |
| 5.Curative diets. Food groups containing reduced: calories, carbohydrates, lipids, proteins, fiber. | Interactive lecture, discussions, explanations | 2 hours |
| 6. Principles of diet in nutrition and metabolic diseases (diabetes, rickets, malnutrition, obesity, dyslipidemia, inborn errors of metabolism) | Interactive lecture, discussions, explanations | 2 hours |
| 7. Principles of diet in cardiovascular (congenital heart disease, hypertension), digestive (cystic fibrosis, celiac disease, food intolerance, malabsorption syndrome, pancreatitis), renal (nephrotic syndrome, glomerulonephritis, chronic kidney disease), neurological diseases. | Interactive lecture, discussions, explanations | 2 hours |
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| **8.2. Seminar / practical classes** | **Teaching methods** | **Observations** |
| 1. Physiological bases of nutrition. Main food groups | Interactive lecture, discussions, | 2 hours |
| 2. Healthy human diet | Interactive lecture, discussions, | 2 hours |
| 3. Eating disorders. Stages of development and individualization of diet. Prophylactic diet. | Case solvings, explanations | 2 hours |
| 4. Principles of diet in diabetes mellitus and inborn errors of metabolism. | Case solvings, explanations | 2 hours |
| 5. Principles of diet in malnutrition, obesity, metabolic syndrome, dyslipidemia, hyperuricemia. | Case solvings, explanations | 2 hours |
| 6. Principles of diet in cardiovascular and renal diseases. | Case solvings, explanations | 2 hours |
| 7. Principles of diet in digestive and neurological diseases. | Case solvings, explanations | 2 hours |
| **Bibliography**  **Mandatory**   1. Course on E-learning platform 2. Ingrith Miron (editor-in-chief). Pediatrics, “Gr. T. Popa” UMF Iasi Ed. 2016.   **Selective**   1. Robert M. Kliegman et al. Nelson Textbook of Pediatrics (20th edition). Elsevier Ed. 2016 2. Sobotka Lubos (editor-in-chief). Basics in Clinical Nutrition (fourth edition). Galen Ed. 2011 3. Koletzko L. Pediatric Nutrition in Practice (2nd revised edition). Karger Ed. 2015 4. Shaw Vanessa. Paediatric Dietetics 4th Wiley Blackwell Ed. 2015. 5. Sylvia Escott-Stump. Nutrition and Diagnosis – Related Care (seventh edition) Lippincott Williams & Wilkins Ed. 2012. | | |

**9.Correlation of the discipline contents with the expectations of the epistemic community, professional associations, and representative employers from the afferent program field**

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| Knowledge and abilities are established as didactic objectives and specified as such in the analytic programs that are revised yearly. After their analysis by the study discipline staff, these are discussed and approved in the Curricular Committee, towards curricular harmonization among the various study disciplines. Along this entire process systematic evaluation is performed, directly if possible, regarding the correspondence of the contents to the expectations of the academic community and of the representatives of the social community, professional associations, and employers. |

**10.Evaluation**

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| **Type of activity** | **Type of activity** | **Evaluation methods** | **Contribution to the final grade** |
| **Lecture** | Acquiring theoretical aspects and concepts presented in the course | Written exam | 50% |
| **Seminar/practical classes** | Practical works topics | Colloquium for practical work | 40% |
| Activity during the semester |  | 10% |
| **Minimal performance standard: Knowing the basic notions of nutrition and dietetics** | | | |

**Date: Signature of head of discipline**

25.09.2019 Lecturer Marin Zagnat, PhD

**Department approval date**

30.09.2019

**Signature of department director**

Lecturer Daniela-Viorelia Matei, Ph-D