**ACADEMIC DISCIPLINE OVERVIEW**

1. **Program data**

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| 1.1. Higher education institution | Grigore T. Popa University of Medicine and Pharmacy Iasi |
| 1.2. Faculty | Medical Bioengineering |
| 1.3. Department | Biomedical Sciences |
| 1.4. Field of study | Health |
| 1.5. The cycle of studies | Bachelor |
| 1.6. Study program / qualification | Balneo-physiokinetotherapy and rehabilitation – english language / Physiokinetotherapist |

**2. Discipline data**

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| 2.1. Name of the discipline / Code | | | | **Diet and wellness** | | **RE1128** |
| 2.2. Teaching staff in charge with lectures | | | | **Lecturer Luminita Confederat, PhD** | | |
| 2.3. Teaching staff in charge with practical activities | | | | **Assistant Professor Cristiana Onita, PhD** | | |
| 2.4. Year of study | **I** | 2.5. Semester | **1+2** | 2.6. The type of assessment | **Colloquium, C2** | |
| 2.7. Discipline type | | **Facultative** | | **0** | | |

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

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| 3.1. Number of hours / week: | | 3.2. Courses number of hours / week | | 3.3. Seminars / practical classes  number of hours / week | | | |
| Semester 1 | **2** | **1** | | **1** | | | |
| Semester 2 | **2** | **1** | | **1** | | | |
| 3.4. Total number of learning hours: | **56** | 3.5. Of which: Courses | **28** | 3.6. Of which: Seminars / practical classes: | | | **28** |
| 3.7. Distribution of individual study time: | | | | | Hours sem. 1 | Hours sem. 2 | |
| Study time using course book materials, bibliography and hand notes | | | | | 5 | 5 | |
| Supplementary documentation in the library, using specialised platforms via internet and by field work | | | | | 6 | 6 | |
| Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays | | | | | 5 | 5 | |
| Tutorship | | | | | 2 | 2 | |
| Examinations | | | | | 2 | 2 | |
| Other activities | | | | | 6 | 6 | |
| Total hours of individual study (*without examinations*) | | | | | **22** | **22** | |
| 3.8. Total hours per semester | | | | | **50** | **50** | |
| 3.9. Number of credits | | | | | **2** | **2** | |

**4. Preconditions (where applicable)**

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| 4.1. of curriculum |  |
| 4.2. of competences |  |

5. **Conditions (where applicable)**

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| 5.1. for lectures | Logistic support - video projector |
| 5.2. for seminars / practical classes | The students will have protective equipment |

**6. Specific competences acquired**

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| **Professional competencies** | **C 1.1** | Description of concepts, theories and fundamental notions of physiological and pathological mechanisms of the human locomotor system, recognition of clinical symptoms and signs, identification of type of diet and wellness methods and techniques |
| **C 1.2** | The use of basic knowledge to explain and interpret the opportunity of prescriptions adapted to the region treated and the type of pathology |

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

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| 7.1. General objective | Introduction to concepts and technologies in the field of Diet and wellness  Presentation of promising type of diet for Physio-kinetotherapy and rehabilitation |
| 7.2. Specific objectives | - Accumulation of basic knowledge about concepts and technologies in the field of diet and wellness |

**8. Contents**

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| **8.1. Lectures** | | **Teaching methods** | **Observations** |
| 1 | Introduction to the basics of nutrition. Food digestion and absorption processes. | Interactive lectures,  discussion, explanations | 4 hours |
| 2 | The role of macronutrients and micronutrients on health. | Interactive lectures,  discussion, explanations | 4 hours |
| 3 | Anthropometric values ​​in assessing nutritional status. | Interactive lectures,  discussion, explanations | 4 hours |
| 4 | Food throughout life. Eating behavior of mother and child. | Interactive lectures,  discussion, explanations | 4 hours |
| 5 | Physical activity and nutrition. Nutritional principles of athletes. | Interactive lectures,  discussion, explanations | 4 hours |
| 6 | General principles of nutrition in diseases of the digestive system, liver and pancreas. | Interactive lectures,  discussion, explanations | 4 hours |
| 7 | The general principles of nutrition in anemia, cardiovascular, renal, metabolic and nutritional disorders. | Interactive lectures,  discussion, explanations | 4 hours |

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| **8.2. Practical activities - 0** | | **Teaching methods** | **Observations** |
| 1 | The basics of nutrition. | Carrying out analyzes, obtaining and processing experimental data. Presentation of the conclusions. | 4 hours |
| 2 | Development stages of dietary recommendations. | 4 hours |
| 3 | The principles of healthy human nutrition. | 4 hours |
| 4 | Dietary principles among athletes. | 4 hours |
| 5 | Identifying changes in eating behaviors. Dietary principles in malnutrition and obesity. | 4 hours |
| 6 | Dietary stages in diseases of the digestive system, liver and pancreas. | 4 hours |
| 7 | Dietary stages in cardiovascular, renal, metabolic and nutritional disorders. | 4 hours |

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| **8.3. Bibliography:** |
| ***Mandatory:*** |
| 1. Ingrith Miron (autor principal), Pediatrie, “Gr. T. Popa” UMF Iasi, Ed. 2016. 2. Medicina copilului sănătos: Recomandări nutriționale la vârsta pediatrică, Editori: Laura Florescu, Ingrith Crenguța Miron, Oana Rauca Temneanu, Laura Mihaela Trandafir, Editura ‖Gr. T. Popa‖, Iași, 2019   **selective**   1. Robert M. Kliegman et al. Nelson Textbook of Pediatrics (20th edition). Elsevier Ed. 2016 2. Sobotka Lubos (autor principal). 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. 6. Mahan L. K., Raymond J. L., Krause's Food & the Nutrition Care Process, 14th Edition 7. Natural Products and Drug Discovery**,** Subhash C. Mandal, Vivekananda Mandal, Tetsuya Konishi, Elsevier, 2018 |

**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 | Assessment criteria | Evaluation methods | Contribution to the final grade |
| Lectures | Acquiring theoretical notions and presented in the course | Written exam.  MCQ Examination | 80 % |
| Practical activities | Activities carried out in laboratory and conducted quality essays. | Colloquium practical activity | Admitted/ Rejected |
| Individual study | Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays.  Study time using coursebook materials, bibliography and hand notes, documentation in the library, using specialised platforms via internet and by field work. | Tests during the semester | 20 % |
| Minimal performance standard:   * Knowing a normal diet plan and different wellness methodes | | | |

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| Date | Holder of course / signature, | Holder of practical activities / signature, |
| 14.09.2024 |  |  |

Lecturer Luminita Confederat, PhD Assistant Professor Cristiana Onita, PhD

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| Date of approval in the Department Council/Teaching Council, | | |
| 19.09.2024 |  | Department director / signature, |
|  |  | Associate Professor Daniela-Viorelia Matei, MD, PhD |