SZKOŁA GŁÓWNA GOSPODARSTWA WIEJSKIEGO

Nutrition through the Lifespan

Educational subject description sheet

Basic information

Field of study
Course Offer for exchange students - second cycle studies, including uniform master studies (MA programmes)

Speciality
-

Organizational unit
Course Offer for exchange students

Study level
second cycle studies, including uniform master studies (MA programmes)

Study form
full-time studies

Education profile
General academic

Didactic cycle
2024/25

Subject code
PWMPWM2S_D.B100000P.06399.24

Lecture languages
english

Mandatory
Elective subjects

Block
Basic subjects

Disciplines
Food technology and nutrition

Coordinator	Danuta Gajewska
Teacher	Danuta Gajewska, Joanna Myszkowska-Ryciak

Period	**Examination**	**Number of ECTS points**
Winter semester	Pass with grade **Activities and hours** Lecture: 30	4

Goals

Code	Goal
C1	The objective of the course is to explain how nutrition impacts the ability to grow, develop, and to have a normal functioning of individuals during each stage of the lifespan, and how some common conditions can develop in case of nutritional deficits.
C2	This course provides knowledge about the nutritional concerns, their relationship to food choices and health status and strategies to enhance well-being at each stage of the lifespan.

Entry requirements

Non

Subject's learning outcomes

Code	Outcomes in terms of	Effects	Examination methods
Knowledge – Student knows and understands:			
W1	the role of nutrients and bioactive compounds in food products and their impact on human health during lifespan		Case, Report
W2	how nutrition affects growth and development and the physiological basis of nutritional needs throughout life		Case, Report
Skills – Student can:			
U1	assess the nutritional value of diet for individuals from each stage of lifespan		Case, Report
U2	list the most common diet-related diseases and describe their risk factors connected with life style and nutrition		Case, Report
U3	demonstrate an analysis of a nutrition related problem, identify solution and suggest a counseling strategy		Case, Report
Social competences – Student is ready to:			
K1	recognize the importance of knowledge about the effects of nutrients and nutrition on the risk of diet related diseases and health		Assessment of activity during classes

Study content

No.	Course content	Subject's learning outcomes	Activities
1.	This course covers: dietary guidelines and the basics of nutrition for optimal health outcomes; nutritional requirements throughout the life cycle; the role of diet during pregnancy; maternal nutrition; childhood and adolescence nutrition; nutritional needs of seniors; lifestyle factors which can affect human health; the risk factors for diet-related diseases and diseases and disorders that affect the nutritional status.	W1, W2, U1, U2, U3, K1	Lecture

Course advanced

Activities	Methods of conducting classes
Lecture	Lecture, Conversation lecture, Brainstorm, Presentation, Individual work, Interpreting the results

Activities	Examination method	Percentage
Lecture	Case	50%
Lecture	Report	40%
Lecture	Assessment of activity during classes	10%

Activities	Credit conditions
Lecture	The final evaluation (exam) consists of three assignments: case study presentation, written report and activity during classes. Case study and written report should be submitted electronicallly. A condition for passing is to obtain at least 51% of the total points.

Literature

Obligatory

1. Mahan, L. K., & Raymond, J. L. (2022). Krause’s food & the nutrition care process (16th ed.). St. Louis, MO: Elsevier Saunders. [ebook available]
2. Shepherd S, Antonia Thodis A. (2015).Food and Nutrition Throughout Life. A comprehensive overview of food and nutrition in all stages of life.Taylor&Francis group. [ebook available]
3. Croxford, S., Itsiopoulos, C., Forsyth, A., Belski, R., Thodis, A., Shepherd, S., & Tierney, A. (2015). Food and nutrition throughout life. Crows Nest, NSW: Allen & Unwin

Optional

1. J. Gandy. Manual of Dietetic Practice. BDA, Wiley Blackwell, John Wiley And Sons Ltd. 2019
2. J. Webster-Gandy, A. Madden, M. Holdsworth Oxford handbook in nutrition and dietetics. Oxford University Press 2020
3. M. Nelms,, K.P. Sucher, K. Lacey and S.L. Roth. Nutrition Therapy & Pathophysiology. 3rd edition. Wadsworth, Belmont, California. 2015
4. S. Nix McIntosh. Williams' Basic Nutrition & Diet Therapy. Elsevier 2021
5. Relevant scientific publications, including those of the module coordinator

Calculation of ECTS points

Activity form	Activity hours*
Lecture	30
Preparing the project	30
Preparation of a multimedia presentation	20
Preparing a report	20
Self-study on the content covered in class	10

Student workload	**Hours** 110
Number of ECTS points	**ECTS** 4

* hour means 45 minutes