



SZKOŁA GŁÓWNA  
GOSPODARSTWA  
WIEJSKIEGO

## Preventive Nutrition

### Educational subject description sheet

#### Basic information

<b>Field of study</b> Course Offer for exchange students - second cycle studies, including uniform master studies (MA programmes) <b>Speciality</b> - <b>Organizational unit</b> Course Offer for exchange students <b>Study level</b> second cycle studies, including uniform master studies (MA programmes) <b>Study form</b> full-time studies <b>Education profile</b> General academic		<b>Didactic cycle</b> 2024/25 <b>Subject code</b> PWMPWM2S_D.B100000P.06400.24 <b>Lecture languages</b> english <b>Mandatory</b> Elective subjects <b>Block</b> Basic subjects <b>Disciplines</b> Food technology and nutrition
<b>Coordinator</b>	Joanna Myszkowska-Rygiak	
<b>Teacher</b>	Joanna Myszkowska-Rygiak, Danuta Gajewska	
<b>Period</b> Winter semester	<b>Examination</b> Pass with grade  <b>Activities and hours</b> Lecture: 30	<b>Number of ECTS points</b> 4

## Goals

Code	Goal
C1	To familiarize students with the most common diet-related diseases and their risk factors connected with lifestyle and nutrition. Transfer of knowledge in the field of the nutritional strategies available for the primary and secondary prevention of selected diet-related diseases. Students will acquire the ability to identify nutrients that are important in the prevention of diet-related diseases. Familiarizing students with the examples of nutrition intervention strategies that improved the health of nations and the health effects of Western diet.

## Entry requirements

Basic knowledge in physiology and nutrition

## Subject's learning outcomes

Code	Outcomes in terms of	Effects	Examination methods
<b>Knowledge - Student knows and understands:</b>			
W1	relationship between diet and the risk of diet-related diseases		Report, Presentation, Assessment of activity during classes
<b>Skills - Student can:</b>			
U1	indicate appropriate dietary modifications to reduce the risk of selected diet-related diseases		Report, Presentation, Assessment of activity during classes
<b>Social competences - Student is ready to:</b>			
K1	critical analysis of the risks associated with following an improperly balanced diet		Report, Presentation

## Study content

No.	Course content	Subject's learning outcomes	Activities
1.	During the course topics will be addressed related to the dietary prevention and treatment of overweight and obesity. The risk factors of diabetes type 2 and possible lifestyle modification (including the diet) to prevent it will be discussed. Dietary strategies to prevent and treat cardiovascular disease will be presented as well as the DASH diet characteristics used in prevention of hypertension. Much attention will be devoted to the role of antioxidants in the prevention of diseases of modern civilization and aging process. As a summary of the course, trends in dietary guidelines around the global village will be discussed in the context of prevention of diet-related diseases and promotion of health	W1, U1, K1	Lecture

## Course advanced

Activities	Methods of conducting classes
Lecture	Lecture, Discussion, Presentation, Problem method, Teaching technique in the form of play, exact, task

Activities	Examination method	Percentage
Lecture	Report	60%
Lecture	Presentation	20%
Lecture	Assessment of activity during classes	20%

Activities	Credit conditions
Lecture	Obtaining at least 51% of possible points

## Literature

### Obligatory

1. Bendich A., Deckelbaum R. (ed) 2015: Preventive Nutrition: The Comprehensive Guide for Health Professionals. Humana Press.
2. World Health Organization scientific reports available on: [www.who.int/topics/health\\_promotion/en](http://www.who.int/topics/health_promotion/en)
3. Centers Disease Control and Prevention - CDC: <http://www.cdc.gov/HealthyLiving>

### Optional

1. Current scientific articles advised by a teacher

## Calculation of ECTS points

Activity form	Activity hours*
Lecture	30
Preparing a report	20
Preparation of a multimedia presentation	10
Conducting literature research	15
Preparation for exercises	10
Self-study on the content covered in class	15
<b>Student workload</b>	<b>Hours</b> 100
<b>Number of ECTS points</b>	<b>ECTS</b> 4

\* hour means 45 minutes