



Nutrition in Andrology, Gynecology, and Obstetrics

Żywnienie w andrologii, ginekologii i położnictwie

1. IMPRINT

Academic Year	2025/2026
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory (optional)
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw Medical Simulation Center Banacha Campus 3a Pawińskiego St., 02-106 Warsaw E-mail: msizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch – Osuch, MD, PhD
Course coordinator	Anna Jagielska, MD, PhD
Person responsible for syllabus	Aleksandra Jagielska, MD, PhD, e-mail: anna.jagielska@wum.edu.pl
Teachers	Anna Jagielska, MD, PhD Aleksandra Kozłowska, MSc, PhD

2. BASIC INFORMATION

Year and semester of studies	III-V year, summer, and winter semester	Number of ECTS credits	2.00
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FORMS OF CLASSES	Number of hours	ECTS credits calculation
Contacting hours with academic teacher		
Lecture (L)		
Seminar (S)	30 (e-learning)	1.20
Discussions (D)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	20	0.80

3. COURSE OBJECTIVES

O1	The principles of nutrition during adolescence, adulthood and elderly.
O2	The relationship between nutrition and fertility, fetal status and communicable diseases in the adults life.
O3	Basics of dietary advices for men and women in the reproductive years.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
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Knowledge – Graduate* knows and understands:

G.W1	health assessment methods of an individual and a population, disease and medical procedure classification;
G.W2	ways of identification and examination of risk factors, advantages and disadvantages of different epidemiological study methods and cause-effect relation measures;
B.W.22.	physiology and regulation of reproductive functions of women and men;
C.W.48	consequences of deficiency or excess of vitamins or minerals in human organism;
C.W.50	consequences of improper nutrition, including long-term starvation, too square meals and unbalanced diet and disorders of digestion and absorption of digestion products;
D.W.23	foundations of evidence based medicine.

F.W.9	reproductive functions of women, any related disorders and diagnostic and therapeutic actions concerning in particular: <ol style="list-style-type: none"> 1) menstrual cycle and its disorders, 2) pregnancy, 3) physiological and pathological childbirth and puerperium, 4) inflammations and cancers of sexual organs, 5) childbirth control, 6) menopause, 7) basic diagnostic methods and gynaecological treatments;
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Skills– Graduate* is able to:

B.U.9	use the basic measurement equipment and assess the precision of the measurements;
D.U.1	include patient's subjective needs and expectations resulting from the socio-cultural background in the entire therapeutic process;
D.U.2	perceive signs of unhealthy and self-destructive behaviours and react properly to such behaviours;
E.U.16	plan diagnostic, therapeutic and preventive treatment;
G.U.2	collect information about the presence of the factors of risk of infectious and chronic diseases and plan preventive actions at various levels of prevention;

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING

Number of effect of learning	Effects of learning in time
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Knowledge – Graduate knows and understands:

K1	Knows the consequences of improper nutrition, including prolonged starvation, overeating, and an unbalanced diet.
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Skills– Graduate is able to:

S1	Provides direction of biochemical processes, depending on the cell energy status.
S2	Describes the changes in the body function in the situation of maturation and pregnancy.
S3	Collect information on the presence of risk factors for communicable and non-communicable diseases and plan prevention plans at different levels.
S4	Performs simple tests and measurements of the health status, and interprets the outcomes of the basic physiological variables.
S5	Recognizes self deficits and educational needs, plans its own activity.
S6	Critically examines the medical references, including local and foreign literature, and draws conclusions based on the available literature.
S7	Trying to avoid making a medical error in their own activities.

Social Competencies – Graduate is ready for:

SC1	
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6. CLASSES

Form of class	Class contents	Effects of Learning
(e-L) seminar 1	The impact of the diet on fertility in women – Anna Jagielska, MD, PhD	B.W.22, C.W.48, C.W.50, F.W.9, D.W.23, G.W.1-2, B.U.9, D.U.1-2, G.U.2, K1, S1-7
(e-L) seminar 2	The impact of the diet on fertility in men – Anna Jagielska, MD, PhD	B.W.22, C.W.48, C.W.50, D.W.23, G.W.1-2, B.U.9, D.U.1-2, G.U.2, K1, S1-7
(e-L) seminar 3	Nutrition during healthy pregnancy - Aleksandra Kozłowska, MSc, PhD	B.W.22, C.W.48, C.W.50, F.W.9, D.W.23, G.W.1-2, D.U.1-2, E.U.16, G.U.2, K1, S1-7
(e-L) seminar 4	Nutrition during pregnancy with complication - Aleksandra Kozłowska, MSc, PhD	B.W.22, C.W.48, C.W.50, F.W.9, D.W.23, G.W.1-2, D.U.1-2, E.U.16, G.U.2, K1, S1-7
(e-L) seminar 5	Nutrition during lactation - Aleksandra Kozłowska, MSc, PhD	B.W.22, C.W.48, C.W.50, F.W.9, D.W.23, G.W.1-2, D.U.1-2, E.U.16, G.U.2, K1, S1-7
(e-L) seminar 6	Fetal programming and diet – Anna Jagielska, MD, PhD	B.W.22, C.W.48, C.W.50, F.W.9, D.W.23, G.W.1-2, B.U.9, D.U.1-2, E.U.16, G.U.2, K1, S1-7
(e-L) seminar 7	Diet in the prevention of cancers of the female reproductive system – Anna Jagielska, MD, PhD	B.W.22, C.W.48, C.W.50, F.W.9, D.W.23, G.W.1-2, D.U.1-2, G.U.2, K1, S1-7
(e-L) seminar 8	Diet in the prevention of cancers of the male reproductive system – Anna Jagielska, MD, PhD	B.W.22, C.W.48, C.W.50, D.W.23, G.W.1-2, D.U.1-2, G.U.2, K1, S1-7
(e-L) seminar 9	Nutrition of postmenopausal women - Aleksandra Kozłowska, MSc, PhD	B.W.22, C.W.48, C.W.50, F.W.9, D.W.23, G.W.1-2, D.U.1-2, G.U.2, K1, S1-7
(e-L) seminar 10	Individual assessment of pregnant women's diet - Aleksandra Kozłowska, MSc, PhD	F.W.9, D.W.23, G.W.1-2, B.U.9, D.U.1-2, E.U.16, G.U.2, K1, S1-7

7. LITERATURE

Obligatory

Obligatory literature:

1. European Journal of Obstetrics and Gynecology and Reproductive Biology <http://www.ejog.org/>
2. American Journal of Obstetrics & Gynecology <http://www.ajog.org/>
3. International Journal of Gynecology & Obstetrics <http://www.ijgo.org>
4. Andrology [http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)2047-2927](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)2047-2927)
5. Journal of Andrology & Gynecology <http://www.avensonline.org/medical/andrology-gynaecology/home-6/>
6. Journal of Nutrigenetics and Nutrigenomics <http://www.karger.com/Journal/Home/232009>
7. Modern nutrition in health and disease. pod. red. ME Skills i wsp., LWW, 10th edition

Supplementary

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
B.W.22, C.W.48, C.W.50, F.W.9, D.W.23, G.W.1-2, B.U.9, D.U.1-2, E.U.16,G.U.2, K1, S1-7	1. Written reports 2. Test (MCQ)	1. credit 2. >60% of correct answers

9. ADDITIONAL INFORMATION

Link to e-learning will be sent by mail to MUW student email account ONLY. Access to e-learning will be available from 2nd till 15th week of the semester.

Students are obligated to check their MUW student email account as all information is sent only by formal MUW mail.

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers