



Slimming diet – truth and myth

Diety odchudzające – prawdy i mity

1. IMPRINT

Academic Year	2025/2026
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	<i>general academic</i>
Level of studies	<i>uniform MSc</i>
Form of studies	Full time studies
Type of module / course	<i>non-compulsory</i>
Form of verification of learning outcomes	<i>completion</i>
Educational Unit / Educational Units	Department of Social Medicine and Public Health, Medical University of Warsaw Medical Simulation Center, Banacha Campus 3A Pawińskiego St. room: A318, 02-106 Warsaw phone: 22 116 63 35 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, e-mail: anna.jagielska@wum.edu.pl
Person responsible for syllabus	Anna 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	I-II 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
Classes (C)		
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 importance of nutrition for maintenance of normal body weight and obesity prevention.
O2	Current guidelines for the treatment of obesity.
O3	Basics of dietary advice for people who want to reduce body weight.

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 29th of September 2023)</i>
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Knowledge – Graduate* knows and understands:

B.W15	organ metabolism and the metabolic, biochemical and molecular basis of disease and therapy;
C.W39	consequences of vitamin and mineral deficiencies and excesses;
D.W19	the fundamentals of evidence-based medicine;
E.W1	principles of natural feeding, healthy child nutrition and obesity prevention, and nutritional modifications due to illness;
G.W1	methods for assessing the health of individuals and populations, measures and principles of monitoring the health of populations, systems of classifying diseases and medical procedures;
G.W2	determinants of diseases, methods of identifying and examining disease risk factors, advantages and disadvantages of epidemiological research and principles of cause-and-effect inference in medicine;

Skills– Graduate* is able to:

B.U7	perform simple functional tests assessing the functioning of the human body as a stable control system (stress and exercise tests) and interpret numerical data on basic physiological variables;
B.U8	use medical databases and correctly interpret the information they contain to solve problems in basic and clinical sciences;
C.U12	seek reliable information on medicinal products, with particular reference to the summary of product characteristics (SmPC) and databases;
E.U8	perform check-up tests, including comparing anthropometric and blood pressure measurements with data on percentile charts, and assessing the degree of puberty;
E.U21	provide health education to the patient, including nutritional education tailored to individual needs;
G.U2	collect information on the conditions and presence of risk factors for infectious and non-communicable diseases and plan preventive activities at various levels of prevention;

* In appendix to the Regulation of Minister of Science and Higher education from 29th of September 2023 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING *(non-compulsory)*

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

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

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

Social Competencies – Graduate is ready for:

SC1	
SC2	

6. CLASSES

Form of class	Class contents	Effects of Learning
(e-L) seminar 1	Obesity – the point of view of a doctor (definition, epidemiology) – Anna Jagielska, MD, PhD	B.W15 , C.W39, E.W1, , D.W19, G.W1, G.W2, B.U 7, B.U8, C.U12, E.U8, G.U2, K1, S1-6, SC1-2
(e-L) seminar 2	Obesity – the point of view of a doctor (diagnostics, treatment guidelines) – Anna Jagielska, MD, PhD	B.W15 . C.W39, E.W1, D.W19, G.W1, G.W2, B.U7, B.U8, C.U12, E.U8, G.U2, K1, S1-6, SC1-2
(e-L) seminar 3	The planning policies for slimming diet - Aleksandra Kozłowska, MSc, PhD	B.W15, C.W39, E.W1, D.W19, G.W1, G.W2, C.U12, E.U8, E.U21, G.U2, K1, S1-6, SC1-2
(e-L) seminar 4	The impact of diet on the metabolism of the human body - Aleksandra Kozłowska, MSc, PhD	B.W15, C.W39, E.W1, D.W19, G.W1, G.W2, C.U12, E.U8, E.U21, G.U2, K1, S1-6, SC1-2
(e-L) seminar 5	Food substances that modify the appetite - Aleksandra Kozłowska, MSc, PhD	B.W15 . C.W39, E.W1, D.W19, G.W1, G.W2, C.U12, E.U8, E.U21, G.U2, K1, S1-6, SC1-2
(e-L) seminar 6	Physical activity vs weight reduction – Anna Jagielska, MD, PhD	B.W15, C.W39, E.W1, D.W19, G.W1, G.W2, B.U8, C.U12, E.U8, E.U21, G.U2, K1, S1-6, SC1-2
(e-L) seminar 7	Truths and myths – part 1: Diet: ketogenic, Atkins, Dukan, macrobiotic Anna Jagielska, MD, PhD, Aleksandra Kozłowska, MSc, PhD	B.W15, C.W39, E.W1, D.W19, G.W1, G.W2, C.U12, E.U8, , G.U2, K1, S1-6, SC1-2
(e-L) seminar 8	Truths and myths – part 2. Diet: separation of energy sources, blood group, Copenhagen, “5:2” – Anna Jagielska, MD, PhD, Aleksandra Kozłowska, MSc, PhD	B.W15 . C.W39, E.W1, D.W19, G.W1, G.W2, B.U7 B.U8, C.U12, E.U8, G.U2, K1, S1-6, SC1-2
(e-L) seminar 9	Truths and myths – part. 3 Diet: gluten-free, lactose-free, anti-acidic – Anna Jagielska, MD, PhD, Aleksandra Kozłowska, MSc, PhD	B.W15 . C.W39, E.W1, D.W19, G.W1, G.W2, B.U7 B.U8, C.U12, E.U8, G.U2, K1, S1-6, SC1-2
(e-L) seminar 10	Truths and myths – part 4 Diet: one-component, very low energetic, purifying, prehistoric – Anna Jagielska, MD, PhD, Aleksandra Kozłowska, MSc, PhD	D.W19, G.W1, G.W2, B.U7 B.U8, C.U12, E.U8, E.U21, G.U2, K1, S1-6, SC1-2

7. LITERATURE

Obligatory

Obligatory literature:

1. Journal of Nutrigenetics and Nutrigenomics <http://www.karger.com/Journal/Home/232009>
2. Modern nutrition in health and disease. pod. red. ME Skills i wsp., LWW, 10th edition
3. Guidelines for obesity treatment (on line)

Supplementary

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
B.W15, C.W39., E.W1, D.W19., G.W1-2., B.U7-8., E.U8, E.U21., G.U2., K1, S.1-S.5.	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 semester.

Students are obligatory to check MUW student email account as all information are sent only by formal MUW mails.

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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