



Slimming diet – truth and myth

Diety odchudzające – prawdy i mity

1. IMPRINT

Academic Year	2026/2027
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	Obligatory (elective course)
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, anna.jagielska@wum.edu.pl
Person responsible for syllabus	Anna Jagielska, MD, PhD, anna.jagielska@wum.edu.pl
Teachers	Anna Jagielska, MD, PhD Aleksandra Kozłowska, MSc, PhD

2. BASIC INFORMATION

Year and semester of studies	I, II, III-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)	1.2
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	20	0.8

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.W20.	the function and regulation mechanisms of all organs and systems of the human body and the relationship between them;
B.W22.	basic quantitative parameters describing the performance of individual systems and organs, including ranges of norms and demographic factors affecting value these parameters
C.W39.	consequences of vitamin and mineral deficiencies and excesses;
C.W40.	causes and consequences of poor nutrition, including long-term insufficient and excessive food consumption and unbalanced use diet and disorders of digestion and absorption;
D.W19.	the fundamentals of evidence-based medicine;

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;
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Skills– Graduate* is able to:

D.U1.	observe ethical models in professional activities, including planning and carrying out the therapeutic process in accordance with ethical values and the idea of humanism in medicine;
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 noncommunicable 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.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.

(e-L) seminar 2	Obesity – the point of view of a doctor (diagnostics, treatment guidelines) – Anna Jagielska, MD, PhD	B.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.
(e-L) seminar 3	The planning policies for slimming diet - Aleksandra Kozłowska, MSc, PhD	B.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.
(e-L) seminar 4	The impact of diet on the metabolism of the human body - Aleksandra Kozłowska, MSc, PhD	B.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.
(e-L) seminar 5	Food substances that modify the appetite - Aleksandra Kozłowska, MSc, PhD	B.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.
(e-L) seminar 6	Physical activity vs weight reduction – Anna Jagielska, MD, PhD	B.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.
(e-L) seminar 7	Truths and myths – part 1: Diet: ketogenic, Atkins, Dukan, macrobiotic Anna Jagielska, MD, PhD, Aleksandra Kozłowska, MSc, PhD	B.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.
(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.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.
(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.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.
(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	B.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.

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.W20., B.W22., C.W39., D.W19., G.W2., D.U1., 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

1. Classes are conducted exclusively during the winter semester in accordance with the *Regulations of Studies at the Medical University of Warsaw* (an attachment to Resolution No. 23/2026 of the MUW Senate dated April 20, 2026).
2. Person responsible for instruction: Aleksandra Kozłowska, PhD (aleksandra.kozlowska@wum.edu.pl) or Anna Jagielska (anna.jagielska@wum.edu.pl).
3. Course completion requires participation in e-learning classes and obtaining a certificate. Students download the e-learning completion certificate individually; there is no need to submit it to the Department.
4. Information regarding the classes is communicated solely via email to students' MUW email accounts. Classes run from the second to the fifteenth week of the semester.
5. In accordance with the Rector's order, students are required to use their MUW email addresses for correspondence with instructors.
6. Organizational meetings (for interested students) will be held online at the beginning and end of the course, and as needed; dates will be posted on the e-learning platform.

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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