



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	general academic
Level of studies	uniform MSc
Form of studies	Full time studies
Type of module / course	non-compulsory
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. 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	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
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.W16	metabolic profiles of the main organs and systems;
C.W48	consequences of deficiency or excess of vitamins or minerals in human organism;
C.W50	consequences of improper nutrition, including long-term starvation, too square meals and unbalanced diet and disorders of digestion and absorption of digestion products;
D.W23	foundations of evidence based medicine
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;

Skills– Graduate* is able to:

B.U7	perform simple diagnostic tests which are able to assess human body as a constant regulatory system (stress and exercise test, etc.); interpret numerical data concerning the basic physiological variables;
B.U9	use the basic measurement equipment and assess the precision of the measurements;
D.U1	include patient's subjective needs and expectations resulting from the socio-cultural background in the entire therapeutic process;
D.U2	perceive signs of unhealthy and self-destructive behaviours and react properly to such behaviours;
E.U16	plan diagnostic, therapeutic and preventive treatment;
G.U2	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 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.W.16 , C.W.48, C.W.50, , D.W.23, G.W.1-2, B.U. 7, B.U.9, D.U.1-2, G.U.2, 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.W.16 . C.W.48, C.W.50, D.W.23, G.W.1-2, B.U.7, B.U.9, D.U.1-2, G.U.2, K1, S.1-S.5.
(e-L) seminar 3	The planning policies for slimming diet - Aleksandra Kozłowska, MSc, PhD	B.W.16 . C.W.48, C.W.50, D.W.23, G.W.1-2, D.U.1-2, E.U.16, G.U.2, 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.W.16 . C.W.48, C.W.50, D.W.23, G.W.1-2, D.U.1-2, E.U.16, G.U.2, K1, S.1-S.5.
(e-L) seminar 5	Food substances that modify the appetite - Aleksandra Kozłowska, MSc, PhD	B.W.16 . C.W.48, C.W.50, D.W.23, G.W.1-2, D.U.1-2, E.U.16, G.U.2, K1, S.1-S.5.
(e-L) seminar 6	Physical activity vs weight reduction – Anna Jagielska, MD, PhD	B.W.16 . C.W.48, C.W.50, D.W.23, G.W.1-2, B.U.9, D.U.1-2, E.U.16, G.U.2, 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.W.16 . C.W.48, C.W.50, D.W.23, G.W.1-2, D.U.1-2, , G.U.2, 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.W.16 . C.W.48, C.W.50, D.W.23, G.W.1-2, B.U.7 B.U.9, D.U.1-2, G.U.2, 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.W.16 . C.W.48, C.W.50, D.W.23, G.W.1-2, B.U.7 B.U.9, D.U.1-2, G.U.2, 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	D.W.23, G.W.1-2, B.U.7 B.U.9, D.U.1-2, E.U.16, G.U.2, 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.W.16 , C.W.48, C.W.50, D.W.23, G.W.1-2, B.U.7, B.U.9, D.U.1-2, E.U.16, G.U.2, 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