



## Nutrition in Andrology, Gynecology, and Obstetrics

### 1. IMPRINT

<b>Academic Year</b>	2023/2024
<b>Department</b>	Faculty of Medicine
<b>Field of study</b>	Medicine
<b>Main scientific discipline</b>	Medical sciences
<b>Study Profile</b>	General academic
<b>Level of studies</b>	Uniform MSc
<b>Form of studies</b>	Full time studies
<b>Type of module / course</b>	Non-compulsory
<b>Form of verification of learning outcomes</b>	Credit
<b>Educational Unit / Educational Units</b>	Department of Social Medicine and Public Health Medical University of Warsaw Oczki 3, 02-007 Warszawa Phone: 22-621-52-56, 22-621-51-97 E-mail: <a href="mailto:zmsizp@wum.edu.pl">zmsizp@wum.edu.pl</a>
<b>Head of Educational Unit / Heads of Educational Units</b>	Prof. Aneta Nitsch – Osuch, MD, PhD
<b>Course coordinator</b>	Aleksandra Kozłowska, MSc, PhD
<b>Person responsible for syllabus</b>	Aleksandra Kozłowska, MSc, PhD, e-mail: <a href="mailto:aleksandra.kozlowska@wum.edu.pl">aleksandra.kozlowska@wum.edu.pl</a>
<b>Teachers</b>	Anna Jagielska, MD, PhD Aleksandra Kozłowska, MSc, PhD

### 2. BASIC INFORMATION

<b>Year and semester of studies</b>	I-V year, summer and winter semester	<b>Number of ECTS credits</b>	2.00
-------------------------------------	--------------------------------------	-------------------------------	------

FORMS OF CLASSES	Number of hours	ECTS credits calculation
<b>Contacting hours with academic teacher</b>		
Lecture (L)		
Seminar (S)	30 (e-learning)	1.00
Discussions (D)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
<b>Unassisted student's work</b>		
Preparation for classes and completions	30	1.00

### 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 time <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
--	---

#### Knowledge – Graduate\* knows and understands:

G.W1	Knows the methods for assessing the health status of individuals and populations, and various systems of classification of diseases.
G.W2	Knows ways of identifying and examining risk factors, the advantages, and disadvantages of different epidemiological studies, and measurements for assessing the cause - outcome effect.
B.W.22.	Is familiar with the function and regulation of the reproductive system in men and women.
C.W.48	The consequences of vitamin and microelements deficiencies or overdose.
C.W.50	The consequences of poor nutrition, including prolonged starvation, excessive food intake, and an unbalanced diet
D.W.23	Is familiar with the basics of evidence-based medicine.

F.W.9	A woman's reproductive functions, related disorders, and diagnostic and therapeutic procedures
-------	--

**Skills– Graduate\* is able to:**

B.U.9	Operate simple measuring instruments and assess the accuracy of performed measurements.
D.U.1	Include in the therapeutic process the subjective needs and expectations of the patient resulting from socio-cultural conditions
D.U.2	Notice the signs of unhealthy and self-destructive behavior and react appropriately to them.
E.U.16	Plan diagnostic, therapeutic, and prophylactic procedures.
G.U.2	Collect information on the presence of risk factors for communicable and non-communicable diseases and plan prevention plans at different levels.

\* 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
------------------------------	-----------------------------

**Knowledge – Graduate knows and understands:**

K1	Knows the consequences of improper nutrition, including prolonged starvation, overeating, and an unbalanced diet.
----	---

**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	
SC2	

<b>6. CLASSES</b>		
<b>Form of class</b>	<b>Class contents</b>	<b>Effects of Learning</b>
(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, S1-8
(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, S1-8
(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, S1-8
(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, S1-8
(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, S1-8
(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, S1-8
(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, S1-8
(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, S1-8
(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, S1-8
(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, S1-8

<b>7. LITERATURE</b>
<b>Obligatory</b>
Obligatory literature:
<ol style="list-style-type: none"> <li>1. European Journal of Obstetrics and Gynecology and Reproductive Biology <a href="http://www.ejog.org/">http://www.ejog.org/</a></li> <li>2. American Journal of Obstetrics &amp; Gynecology <a href="http://www.ajog.org/">http://www.ajog.org/</a></li> <li>3. International Journal of Gynecology &amp; Obstetrics <a href="http://www.ijgo.org">http://www.ijgo.org</a></li> <li>4. Andrology <a href="http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)2047-2927">http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)2047-2927</a></li> <li>5. Journal of Andrology &amp; Gynecology <a href="http://www.avensonline.org/medical/andrology-gynaecology/home-6/">http://www.avensonline.org/medical/andrology-gynaecology/home-6/</a></li> <li>6. Journal of Nutrigenetics and Nutrigenomics <a href="http://www.karger.com/Journal/Home/232009">http://www.karger.com/Journal/Home/232009</a></li> <li>7. Modern nutrition in health and disease. pod. red. ME Skills i wsp., LWW, 10<sup>th</sup> edition</li> </ol>
<b>Supplementary</b>

## 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, S1-8	1. Written reports	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, S1-8

## 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.*

Medical University of Warsaw has property rights, including copyright, to the syllabus. The syllabus may be used for educational purposes at the MUW only. Using of the syllabus for other purposes requires consent of the MUW.

### 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