



Slimming diet – truths and myths

1. IMPRINT

Academic Year	2023/2024
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	Credit
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw 3 Oczki St, 02-007 Warsaw Phone: 22-621-52-56, 22-621-51-97 E-mail: zmsizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch – Osuch, MD, PhD
Course coordinator	Aleksandra Kozłowska, MSc, PhD e-mail: aleksandra.kozlowska@wum.edu.pl
Person responsible for syllabus	Aleksandra Kozłowska, MSc, PhD, e-mail: aleksandra.kozlowska@wum.edu.pl
Teachers	Anna Jagielska, MD, PhD Aleksandra Kozłowska, MSc, PhD

2. BASIC INFORMATION

Year and semester of studies	I-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)	1.00
Discussions (D)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	30	1.00

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 time <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:

B.W.19	Metabolic profiles of human organs and systems
C.W.48	The consequences of vitamin's and microelement's 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.
G.W.1	Knows the methods for assessing the health status of individuals and populations, various systems of classification of diseases.
G.W.2	Knows ways of identification and examination of risk factors, the advantages and disadvantages of different types of epidemiological studies and measurements for assessing the cause - outcome effect.

Skills– Graduate* is able to:

B.U.7	Performs Simple tests to assess human body function as a stable system (exercise stress test), interprets the outcomes of the basic physiological variables.
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 noncommunicable disease 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 unbalanced diet.
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.19 , 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.1-6

(e-L) seminar 2	Obesity – the point of view of a doctor (diagnostics, treatment guidelines) – Anna Jagielska, MD, PhD	B.W.19 . 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.1-6
(e-L) seminar 3	The planning policies for slimming diet - Aleksandra Kozłowska, MSc, PhD	B.W.19 . 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.1-6
(e-L) seminar 4	The impact of diet on the metabolism of the human body - Aleksandra Kozłowska, MSc, PhD	B.W.19 . 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.1-6
(e-L) seminar 5	Food substances that modify the appetite - Aleksandra Kozłowska, MSc, PhD	B.W.19 . 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.1-6
(e-L) seminar 6	Physical activity vs weight reduction – Anna Jagielska, MD, PhD	B.W.19 . 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.1-6
(e-L) seminar 7	Truths and myths – part 1: Diet: ketogenic, Atkins, Dukan, macrobiotic Anna Jagielska, MD, PhD, Aleksandra Kozłowska, MSc, PhD	B.W.19 . C.W.48, C.W.50, D.W.23, G.W.1-2, D.U.1-2, , G.U.2, K1, S.1-6
(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.19 . 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.1-6
(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.19 . 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.1-6
(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.1-6

7. LITERATURE

Obligatory

1. Modern nutrition in health and disease. pod. red. ME Skills i wsp., LWW, 10th edition
2. Guidelines for obesity treatment (on line)

Supplementary

1. Obesity data, WHO

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
B.W.19 , 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.1-6	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 must check their MUW student email account as all information is 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