



Nutrition in Andrology, Gynecology, and Obstetrics

1. IMPRINT

Academic Year	2024/2025
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 (optional)
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw 3a Pawińskiego St., 02-106 Warsaw 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
FORMS OF CLASSES			

Contacting hours with academic teacher	Number of hours	ECTS credits calculation
Lecture (L)		
Seminar (S)	30 (e-learning)	1.00
Classes (C)		
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 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 the field of: <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:

F.W16.	male reproductive functions and related disorders as well as diagnostic and therapeutic procedures;
F.W15.	women's reproductive functions, disorders related to them, and diagnostic and therapeutic procedures in particular: <ol style="list-style-type: none"> 1) menstrual cycle and its disorders; 2) pregnancy; 3) physiological delivery, pathological delivery and postpartum; 4) inflammations and cancers in the genital area; 5) birth control and reproductive support; 6) menopause;

	7) basic methods of gynecological diagnostics and procedures;
B.W20.	the function and regulation mechanisms of all organs and systems of the human body and the relationship between them;
C.W39.	consequences of vitamin and mineral deficiencies and excesses;
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;

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 26th of July 2019 „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:

C.W40.	the causes and consequences of poor nutrition, including prolonged under- and over-eating and the use of unbalanced diets, and digestive and absorption disorders;
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Skills– Graduate is able to:

B.U6.	predict the direction of biochemical processes in relation to the energy status of cells;
D.U4.	demonstrate responsibility for improving their own skills and transferring knowledge to others;
D.U5.	critically analyse medical literature, including literature in English, and draw conclusions;

Social Competencies – Graduate is ready for:

SC1	
SC2	

6. CLASSES

Form of class	Class contents	Effects of Learning
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(e-L) seminar 1	The impact of the diet on fertility in women – Anna Jagielska, MD, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.
(e-L) seminar 2	The impact of the diet on fertility in men – Anna Jagielska, MD, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.
(e-L) seminar 3	Nutrition during healthy pregnancy - Aleksandra Kozłowska, MSc, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.
(e-L) seminar 4	Nutrition during pregnancy with complication - Aleksandra Kozłowska, MSc, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.
(e-L) seminar 5	Nutrition during lactation - Aleksandra Kozłowska, MSc, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.
(e-L) seminar 6	Fetal programming and diet – Anna Jagielska, MD, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.
(e-L) seminar 7	Diet in the prevention of cancers of the female reproductive system – Anna Jagielska, MD, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.
(e-L) seminar 8	Diet in the prevention of cancers of the male reproductive system – Anna Jagielska, MD, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.
(e-L) seminar 9	Nutrition of postmenopausal women - Aleksandra Kozłowska, MSc, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.
(e-L) seminar 10	Individual assessment of pregnant women’s diet - Aleksandra Kozłowska, MSc, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.

7. LITERATURE

Obligatory

Obligatory literature:

1. European Journal of Obstetrics and Gynecology and Reproductive Biology <http://www.ejog.org/>
2. American Journal of Obstetrics & Gynecology <http://www.ajog.org/>
3. International Journal of Gynecology & Obstetrics <http://www.ijgo.org>
4. Andrology [http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)2047-2927](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)2047-2927)
5. Journal of Andrology & Gynecology <http://www.avensonline.org/medical/andrology-gynaecology/home-6/>
6. Journal of Nutrigenetics and Nutrigenomics <http://www.karger.com/Journal/Home/232009>
7. Modern nutrition in health and disease. pod. red. ME Skills i wsp., LWW, 10th edition

Supplementary

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.	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