



UNIVERSITY OF OSTRAVA
FACULTY OF MEDICINE

NUTRITION AND DIETETICS

COURSE DESCRIPTIONS

Spring





Erasmus+

NUTRITION & DIETETICS – spring

Type of subject	Course code	Name of the course	Course coordinator/ Lecturer	ECTS	Hours per semester ¹	Semester
<i>THEORETICAL</i>	UFY/EEND	English for Dietetics	Mgr. Jana Vavrošová, Ph.D.	5	28 hours	Spring
	UFY/EPHG	Food Hygiene	MUDr. Pavla Svrčinová, Ph.D	5	36 hours	Spring
Type of subject	Course code	Name of the course	Course coordinator/ Lecturer	ECTS	Hours per semester	Semester
<i>THEORETICAL</i> <i>PRACTICAL</i>	UFY/EPPN	Planning and preparation of the curative nutrition	Mgr. Pavla Škarková	15	12 hours 96 hours	Spring
Type of subject	Course code	Name of the course	Course coordinator/ Lecturer	ECTS	Hours per semester	Semester
<i>PRACTICE</i>	UFY/NTCP	Nutrition counselling - practice	Mgr. Nadezhda Borzenko	15	80	Spring

¹ 1 hour of practise means 60 minutes; for other courses 45 minutes

Programme title	UFY/EEND English for Dietetics
Coordinator	Mgr. Jana Vavrošová, Ph.D.
ECTS Credits	5
Language	English
Period	Autumn or spring
Completion of the course	Examen
Course objectives	<p>The subject provides students with basic knowledge of English professional terminology. It puts emphasis on acquisition of active and passive language skills. Professional vocabulary is necessary for communication at an international level, for students' study exchanges, for studying foreign professional literature and for career prospects at the foreign job market.</p> <p>Aims:</p> <ul style="list-style-type: none"> • Improving knowledge of English • Acquiring basics of English terminology • Practising communication skills • Improving language skills - reading, writing, listening, speaking • Orientation in professional English written texts • Revising and improving grammar • Building up vocabulary • Practising language skills • Introduction to professional terminology
Course content	<ol style="list-style-type: none"> 1. The introduction 2. The human body, cells, tissues and organs, individual body parts and the skeleton 3. Body systems, types of medication and wounds 4. In and around the hospital, hospital departments, medical professions 5. Hospital admission, pain, symptoms 6. The alternative medicine 7. Nutrition and diet, The food groups, the nutrients in food 8. Dictionary study- junk food, chemical elements 9. Dietary Guidelines, cooking 10. Stability of individual nutrients 11. Malnutrition 12. Trends in eating, raw food, being vegan and vegetarian 13. A convenient diet for a pregnant woman, for children and elderly people 14. Food allergies
Assessment	<p>80% active participation in seminars</p> <p>70% score at a final written test</p>
Learning outcomes	<p>Students know English terminology and practical language skills (reading, listening, speaking and writing) Students are able to read English texts, enhance vocabulary, obtain communication and interaction skills.</p>

Programme title	UFY/EPHG Food Hygiene
Coordinator	MUDr. Pavla Svrčinová, Ph.D.
ECTS Credits	5
Language	English
Period	Spring
Completion of the course	Examen
Course objectives	Students will acquire during lessons basic knowledge about risk assessment of chemical, microbiological and foreign bias in foodstuffs, food safety requirements during production and retail of food.
Course content	<p><u>Lectures:</u></p> <ol style="list-style-type: none"> 1. Food safety–legislation, definition of food hygiene, legislative requirements in production and retail level 2. Hygiene requirements for catering facilities, legislation 3. Food poisoning–zoonoses, intoxications, BSE 4. The ways of food preparation and possibilities to influence food safety 5. Microbiological contamination–sources, prevention 6. Chemical contamination, foreign bodies in food, their prevention 7. Permanent procedures based on HACCP principles 8. Food preservation methods <p><u>Practical sessions:</u></p> <ol style="list-style-type: none"> 1. Sampling for laboratory investigation. Assessment of the laboratory results. 2. Temperature measurement. 3. Sensorial assessment of foodstuffs. 4. Team work, preparation of the risk assessment of simple meal.
Assessment	Examen, self-study, 100 % participation on lectures.
Learning outcomes	After course food hygiene, student knows all basic food safety requirements, is able to identify biological, chemical and physical risks associated with different groups of food. Knows basic principles of spread of alimentary poisonings and their prevention. Is able to produce simple procedures based on HACCP principles. Understands the basis relations between food and environment. Is able to sample food for laboratory testing.

Programme title	UFY/EPPN Planning and preparation of the curative nutrition
Coordinator	Mgr. Pavla Škarková
ECTS Credits	15
Language	English
Period	Spring
Completion of the course	Credit (completion of the practical and theoretical part)
Course objectives	<p>The course is conceived as theoretical-practical.</p> <p>The course objectives are to introduce basic concepts of dietetics, to make clear the historical development of diet system, to introduce classification of diets according to technological bases and according to basic characteristics with emphasis on acquiring knowledge and skills to plan and normalize the menu for general and special diets, to explain technological procedures of dishes for individual diets, to prepare diet dishes for the group of basic, special, diabetic, rational and special diets, to acquire students to follow the right choice of suitable and unsuitable foodstuff or follow the right technological process suitable for a particular diet.</p>
Course content	<p><u>The theoretical part:</u></p> <ol style="list-style-type: none"> 1. The diet system – history and up-to-date 2. Classification of diets in practice - according to technological bases 3. General diets 4. Special diets 5. Standardized diets <p><u>The practical part:</u></p> <p>Practical preparation of therapeutic diets</p> <ol style="list-style-type: none"> 1. Rational, geriatric and nutritious diet 2. Therapeutic diet for patients with a gastrointestinal tract illness 3. Therapeutic diet for patients with metabolic diseases 4. Therapeutic diet for patients with food allergies and intolerances 5. Therapeutic diet for kidney diseases <p>Skill practice – create a diet plan, standardization of the diet for one person/more persons, evaluating of the nutritional composition using the nutritional program.</p>
Assessment	<p>The theoretical part: Elaboration and presentation of a project on selected diet.</p> <p>Practical part: 100 % participation on lectures.</p>
Learning outcomes	<p>Students master terminology of this subject, are able to define diet as a curative care for patients, name and describe the basic characteristics of diets, classify diets into Gross according to technological basics, enumerate allowed and unallowed foodstuff, formulate nutritional composition of diets, explain qualitative and quantitative diet view.</p> <p>Students create the diet plan according to the principles of the diet, suggest recommended doses of food, describe technological process of food preparation, are able to prepare easily digestible diet meals according to the Leeds of the given diet, follow the hygienic and safety rules in the preparation of dishes, serve the dietic meals at the right temperature, make a list of a food consumption, buy food and follow their nutritional composition, keep stock records and cost calculation for the preparation of dietary meals, calculate the diet in nutritional software and evaluate their nutritional quality.</p>

Programme title	UFY/NTCP Nutrition counselling - practice
Coordinator	Mgr. Nadezhda Borzenko
ECTS Credits	15
Language	English
Period	Spring
Completion of the course	Elaboration of a project on a given topic
Course objectives	The course is conceived as practical. The aim of the course is to acquaint students with the work of a nutrition therapist (dietitian) in nutritional counselling. During the practical exercises the student will be able to test the acquired theoretical knowledge in practice. Within each exercise, the individual parts of the nutritional examination and education will be discussed.
Course content	<ol style="list-style-type: none"> 1. Basic anthropometric measurements (body height, body weight, BMI, WHR, skin folds, body circuits) 2. Instrumental anthropometric measurements (BIA (InBody, Bodystat, Tanita), DXA) 3. Measurement of basal metabolism by indirect calorimetry, calculation of energy needs of the organism 4. Evaluation of nutritional status 5. Methods of evaluation of nutritional consumption 6. Consultations by age: children and adolescents, adults, seniors 7. Consultation of people with specific nutritional requirements: pregnant and breastfeeding women, athletes, hardworking, alternatively eating 8. The first consultation with the patient: content, course, main intentions. Ongoing inspections 9. General education about a healthy lifestyle, food labelling, basic knowledge of nutrition 10. Education of individual diets: food allergies, celiac disease, lactose intolerance, etc. 11. Nutritional counselling for the obese 12. Nutritional counselling for diabetics
Assessment	100 % participation on practical exercises, elaboration and presentation of a project in the field of nutritional counselling.
Learning outcomes	After completing the course, students will have basic skills in providing nutritional counselling. Students will be able to perform basic and instrumental measurements of the client's body composition, evaluate its nutritional status and nutritional consumption. Subsequently, based on all identified characteristics, students will be able to provide individual, scientifically based nutritional counselling. In addition, students will have the opportunity to test their options in preparing their own educational materials.