



UNIVERSITY OF OSTRAVA
FACULTY OF MEDICINE

NUTRITION AND DIETETICS

COURSE DESCRIPTIONS



Autumn 2022/23

Course title	English for Dietetics
Department	Institute of Physiology and Pathophysiology
Course code	UFY/EEND
Credits	5
Semester	Autumn/spring
Format of study	Lectures (28 hours)
Name of the lecture	Mgr. Jana Vavrošová, PhD.
Language	English
Annotation	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.

Course title	Fundamentals of nutrition in prevention and dietetics
Department	Institute of Physiology and Pathophysiology
Course code	UFY/ENPD
Credits	5
Semester	Autumn
Format of study	Lectures (15 hours), practical classes (15 hours)
Name of the lecture	MUDr. Marcela Káňová, Ph.D.
Language	English
Annotation	Nutrition is not only important for healthy but also for patients. Dietary treatment is not a modern process, it is a recommendation and practice that is constantly evolving, changing in line with the new findings of the disease clinic, etc. Nutrition also plays a role in every stage of prevention. The aim of the course is to acquaint students with the knowledge of nutrition and its impact on human health, as well as the role of nutrition in the treatment of diseases. It deals with indications and characteristics of diets, dietary system and form of clinical nutrition in patient care. The aim of the seminars is to show the process of clinical and therapeutic nutrition in practice.

Course title	Nutrition in the promotion and protection of public health
Department	Institute of Physiology and Pathophysiology
Course code	UFY/ENPH
Credits	10
Semester	Autumn
Format of study	Lectures (24 hours), practical classes (36 hours)
Name of the lecture	Mgr. Nadezhda Borzenko
Language	English
Annotation	The course includes lectures and practical exercises. The course is focused on the evaluation of nutritional status, the issue of nutrition of the whole population and population groups of healthy individuals with regard to the prevention and protection of their health. The course includes nutrition related to activities supporting health and alternative nutrition. Part of the prevention of diseases is also the issue of drinking regime, food supplements, health claims, consumer protection and nutritional policy.

Course title	Food Science 2 - Animal-based products
Department	Institute of Physiology and Pathophysiology
Course code	UFY/ EFS2
Credits	5
Semester	Autumn
Format of study	Lectures (10 hours), practical classes (10 hours)
Name of the lecture	Mgr. Vladislava Mizerová, Ph.D.
Language	English
Annotation	The course includes lectures and practical exercises. Within the Food Science 2 the students will get acquainted with the basic classification of food into groups according to origin, basic characteristics and method of their processing. The lessons are focused on the composition and technological production of food of plant origin. It leans on the latest knowledge about food, its production and further processing especially in the Czech Republic.

Course title	Pathological Physiology
Department	Institute of Physiology and Pathophysiology
Course code	UFY/ EPPH
Credits	5
Semester	Autumn
Format of study	Lectures (28 hours)
Name of the lecture	MUDr. Eva Závodná, PhD.
Language	English
Annotation	The content of the course is basic knowledge in organism's activity as a whole, control of particular functional systems, their interplay - integrity and human's relationships to the environment. It is connected with knowledge of physiology. The students will also become familiar with failures of cell functions, tissues, organ systems, with disorders of internal metabolism, with immunity disorders and disorders of the organism as a unit. The goal of the course is to provide the students basic knowledge to understand some pathological processes as a fundamental for study of other courses.