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| FACULTY: | Department of Mechanical Engineering |
| FIELD OF STUDY: | Food Technology and Human Nutrition |
| ERASMUS COORDINATOR OF THE FACULTY: | Krzysztof Rokosz, PhD, DSc, Eng. Małgorzata Smuga-Kogut, PhD |
| E-MAIL ADDRESS OF THE COORDINATOR: | <ul style="list-style-type: none"> • krzysztof.rokosz@tu.koszalin.pl • malgorzata.smuga-kogut@tu.koszalin.pl (Food Technology and Human Nutrition) |
| COURSE TITLE: | Dietetics of prevention |
| LECTURER'S NAME: | |
| E-MAIL ADDRESS OF THE LECTURER: | @tu.koszalin.pl |
| ECTS POINTS FOR THE COURSE: | 5 |
| ACADEMIC YEAR: | 2020/2021 |
| SEMESTER: (W – winter, S – summer) | W |
| HOURS IN SEMESTER: | 30+15+15=60 |
| LEVEL OF THE COURSE: (1 st cycle, 2 nd cycle, 3 rd cycle) | 1 st cycle |
| TEACHING METHOD: (lecture, laboratory, group tutorials, seminar, other-what type?) | Lectures (30H), Classes (15h), Project (15h) |
| LANGUAGE OF INSTRUCTION: | English |
| ASSESSMENT METHOD: (written exam, oral exam, class test, written reports, project work, presentation, continuous assessment, other – what type?) | continuous assessment /project work, PRESENTATION |
| COURSE CONTENT: | <p>The knowledge in the field of diseases, importance of nutrients, diet supplements and their influence on the physiological and pathological processes of the human being makes our graduate become a diet therapist who together with the doctors creates the effect of the treatment. Moreover, having known the rules of the proper nutrition of a healthy or unhealthy human being. The content of the syllabus covers both lectures and classes during which you will acquire some practical skills compose menus.</p> <p>Pathogenesis and epidemiology of selected diseases (diabetes mellitus, hypertension, lipid disorders, gout, Hashimoto's thyroiditis, celiac disease, intolerances and food allergies, intolerances of lactose or fructose, atopic dermatitis, contact allergy) and dietetics of prevention is VERY STRONGLY CORRELATED WITH APPROPRIATE NUTRITION HABITS AND AFFECTS DELAY, BRAKING OR STABILIZATION OF THE DISEASE WITH PHARMACOLOGICAL TREATMENT.</p> <p>KNOWLEDGE ON THIS SUBJECT WILL KEEP THE PRINCIPLES OF HEALTHY NUTRITION, INCLUDING CO-COMBATING DISEASES.</p> |
| ADDITIONAL INFORMATION: | - |

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