

SUBJECT TEACHING GUIDE (SYLABUS)

NAME OF THE UNIT CONDUCTING THE DIRECTION: Department of Experimental and Clinical Physiology; Department of Cell-to-Cell Communication, Medical University of Lodz

EDUCATION PROFILE: General Academic

LEVEL OF EDUCATION: 3rd Degree (Doctoral School)

1. Subject Name: Healthy living - empty phrase or necessity? Selected aspects of dietetics, lifestyle and their impact on human wellbeing

2. Type of subject: Optional

3. Course Objectives: Acquire a basic basic knowledge of the role of nutrition in human health and habits that promote a healthy lifestyle

4. Form of study: Doctoral School

5. Year of study: -

6. Form of classes and number of hours for each form of classes: Optional classes (seminars)

- either stationary or remote (to be determined with PhD students) - 5 hours.

7. Name and surname of the lecturer:

dr n med. Katarzyna Wieczorek-Szukała

8. Teaching methods:

Verbal transmission, multimedia presentations, demonstrations, questionnaire, case-study method.

9. Scope:

- modern nutritional guidelines according to WHO
- popular diets - their principles, advantages and disadvantages
- physical activity - importance, benefits, ways of measuring its intensity
- food additives - types and health hazards
- selected diet-related diseases and eating disorders - an overview
- The role of sleep in human health and regeneration

10. Learning outcomes

Knowledge: Acquiring theoretical and practical knowledge of the latest WHO guidelines on nutrition and physical activity as well as important health-promoting habits

Skills: More conscious food choices and modifying unhealthy everyday routines

Social competences: Spreading knowledge concerning healthy lifestyle, more conscious use of commercially available diet planning applications

11. List of primary literature:

Gawęcki J: Human nutrition. Vol. 1 Basics of nutritional science. PWN, Warsaw 2022.

12. Methods and ways of verification of learning outcomes, including the form and

conditions for passing the course: Credit for the course is awarded on the basis of attendance and activity in class. Attendance at a minimum of 50% of classes is required to receive positive credit.

13. Additional Information:

- Contact information to the lecturer: Katarzyna Wieczorek-Szukała
katarzyna.wieczorek@umed.lodz.pl;

- Group size: 15- 20

14. Statement of the leader and his signature:

I declare that the curricular content contained in this syllabus is the result of my individual creative work

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15. Signature of the Director of the Doctoral School:
