

University: University of Presov	
Faculty/university workplace: Faculty of Humanities and Natural Sciences	
Code: 2BIOEROS/JVZCL/22	Course title: Nutrition and human health
Type, scope and method of educational activity: Type of educational activity: Lecture, Seminar Scope of educational activity: 1,2 hour per week, 13,26 per semester Method of educational activity:	
Number of credits: 3	
Recommended semester:	
1st year ST	Biology
Study grade: Bachelor	
Prerequisites:	
Conditions for passing the course: Form of assessment: Continuous evaluation: To successfully complete the course, active participation in lectures and seminars is mandatory. The student can have a maximum of 2 absences during the semester, justified on the basis of a medical certificate. For 2 absences the student will receive a substitute task (seminar work). With a larger number of absences, the student will not be granted credits. Within the seminars, it is necessary to develop a seminar project on a predetermined topic and present it in the form of a PowerPoint presentation in the range of 15-20 minutes. The result of the evaluation of the seminars is, in addition to the PowerPoint presentation, also a written test of the information that the student acquired during the lessons. After successful completion of the seminars, there is a written test in the range of lectures and recommended literature. Evaluation criteria: A: 100.00 - 90.00%, B: 89.99 - 80.00%, C: 79.99% - 70.00%, D: 69.99% - 60.00%, E : 59.99% - 50.00%. FX: 49.99% and less%. Final evaluation: Continuous evaluation	
Learning outcomes: Knowledge gained: Graduate of the course: <ul style="list-style-type: none"> - acquire basic theoretical knowledge about nutrition and human health, - the student will be able to analyze and recognize the processes of metabolism, correctly define the energy balance of the organism and the regulation of food intake, - is able to describe differentiated nutrition in individual developmental periods, knows all negative factors of eating disorders, individual alimentary diseases and their prevention, - knows the relationship between healthy nutrition and human health, - can point out the occurrence of certain diseases such as diabetes, cardiovascular diseases and diseases of the digestive system due to an improper diet. Skills Acquired: The student: <ul style="list-style-type: none"> - can evaluate the nutritional status of an individual, - can independently discuss a given issue in the field of human nutrition and health, - can apply the acquired knowledge in the context of the content of other subjects, - can independently prepare a seminar project on a selected topic, demonstrating the ability to work 	

with professional literature, information media, and select relevant data,
- is able to present a seminar project in the form of a PowerPoint presentation in the time interface and discuss the selected issue.

Competences acquired:

The student:

- has developed competences for further self-learning,
- is able to apply the acquired theoretical knowledge and practical skills in solving problems in the field of nutrition and human health.

Course content:

History of human nutrition. Digestive system (anatomical structure of the digestive system, enzymes of the digestive system). Nutrition. Building components of food - nutrients. Foodstuffs. Contaminants in food. Principles of proper nutrition (proteins, carbohydrates, lipids, vitamins and minerals, food sources, food properties and harmful substances in food). Healthy nutrition education. Metabolism. Alternative nutritional directions. The importance of physical activity. Assessment of the nutritional status of an individual. Peculiarities of child and youth nutrition. Factors threatening human health - alcoholism, tobaccoism. Eating disorders and their prevention. Improper nutrition.

Recommended literature :

Duranková, S. et al. (2018). Biology of children, adolescents and school hygiene. Wydawnictwo RHETOS, Warszawa, ISBN 978- 83-951116-1-7.
Gandy, J.,Madden, A., Holdsworth M. 2020.Oxford Handbook of Nutrition and Dietetics. Oxford University Press. 960pp. ISBN: 9780198800132

Notes:

Student workload: 90 hours

Direct education: 30 hours

Self-study: 30 hours

Guided work: 30 hours

Course evaluation:

Total number of students evaluated: 198

A	B	C	D	E	FX

Lecturers:

doc. RNDr. Iveta Boroňová, PhD., guarantor

Ing. Hedviga Vašková, PhD., co-guarantor, lecturer, examiner, instructor, seminary supervisor

Date of last change: 01.09.2023

Approved by: doc. RNDr. Iveta Boroňová, PhD.