ODESSA NATIONAL MEDICAL UNIVERSITY
DEPARTMENT OF HYGIENE AND MEDICAL ECOLOGY

SYLLABUS OF THE DISCIPLINE
"General Principles of Medical Nutrition"

Amount	120 hours 4 credits
Semester, year of study	IV semester, 2 year
Days, time, place	Department of Hygiene and Medical Ecology, str. Pasteur, 11 Days and time - according to the class schedule
Teachers	professor V.V. Babiyenko, docent E.V. Kobolev, senior lecturer Sheikh Ali D.H., docent S.O. Hanykina, docent O.V. Goroshkov.
Contact phone number	063-765-0818 - head teacher of the department Sheikh Ali Dani Husseynovych
E-mail	shejx.ali@onmedu.edu.ua
Consultations	Thursday - from 15.00-16.30 Saturday - 9.00-12.00

COMMUNICATIONS

Classes are held at the department, according to the schedule.

*Under distance learning conditions, classes will be held on the M Teams platform.

The telephone number of the head of the department is 063-765-0818. Sheikh Ali Dani Husseynovych

COURSE ABSTRACT

The subject of study of the educational discipline is: Nutritionology - a science aimed at studying the functional, metabolic, hygienic and clinical aspects of the interaction of nutrients and how they affect the body. Nutritionology studies the mechanisms of healthy nutrition, the motives of a person's choice of food, determines nutrition systems and strategies for rational human nutrition

The purpose of studying the program is to develop the ability and skills of the graduate student in the organization of the nutrition system of healthy and sick people at different age stages by applying modern scientific provisions of Nutritionology and in the organization of nutrition in medical and preventive, health and educational institutions, as well as methods of prevention using specially selected diets.

While mastering the study discipline "Ecology", the applicant must acquire special (professional, subject) competences:

SC 5. The ability to determine the nature of nutrition in the treatment of diseases.
SC13 Ability to carry out sanitary and hygienic and preventive measures.

COURSE DESCRIPTION

Forms and methods of education

The course will be taught in the form of practical classes (60 hours). Organization of independent work of graduate students (60 hours).

When teaching the subject, multimedia presentations are used.

Content of the academic discipline:

Chapter No. 1 "Technology of products for dietary nutrition" as a scientific discipline and subject of study. Scientific basis of dietary nutrition.

The subject, purpose and tasks of the discipline. Basic therapeutic and improving methods.

Peculiarities of the organization of dietary nutrition

The influence of food on the human body and the basics of building food rations

Basic principles of dietary nutrition. Characteristics and principles of building medical diets

Food allergy and intolerance of some food components

Daily nutritional norms of patients in medical organizations, sanatoriums, preventive clinics

Interchangeability of products when preparing dietary dishes, replacement of products by proteins and carbohydrates

Quality composition of food products. Importance of proteins, fats and carbohydrates in the diet. Vitamins, micro- and macroelements.

Nutrition of pregnant and lactating women

Section No. 2 Technologies of food products of plant origin and their role in dietary and therapeutic - preventive nutrition.

1. Changes in the chemical components of raw materials during heat treatment.
2. Technologies of food products of plant origin, their importance in dietary nutrition: vegetables, fruits, nuts
3. Importance of drinks, spices in dietary nutrition
4. Sugars, sugar substitutes in dietary nutrition
5. Interchangeability of products when preparing dietary dishes, replacement of products by proteins and carbohydrates
6. Water-soluble vitamins: nutritional value, properties, structure, influence of heat treatment and storage means on the nutritional value of vitamins
7. Technology of cooking dietary vegetable dishes
8. The technology of cooking dietary cereal dishes
9. Technology of preparation of diet drinks
10. Test

List of recommended literature

1. M.I. Kruchanytsia, I.S. Mironyuk, N.V. Rozumikova, V.V. Kruchanytsia, V.V. Brych, V.P. Kish/NUTRITION BASICS/Textbook/Uzhhorod - 2019 -252 p.
2. O.V. Olabodi/Nutrition and health/digest Vol. 26/ Kyiv-2017 – 26p.
3. Pavlotska L.F. and others. /NUTRITION Part 1. General nutrition/Kharkiv - 2012 - 373p.
4. N.M. Zubar/ Physiology of nutrition/ Practicum/ Kyiv-2013 – 208 p.
5. GENIUS FOODS. Max Lugavere/ Digital Edition MARCH 2018/ 561c.

EVALUATION

Current performance. Evaluation of the success of studying each topic of the discipline is performed according to the traditional 4-point system.

The knowledge of graduate students is assessed both from theoretical and practical training according to the following criteria:

- **Excellent ("5")–** A graduate student correctly answered ≥98% of tests in the Step format of state licensure exams. Answers correctly, clearly, logically and completely to all standardized questions of the current topic, including the question of the lecture course and independent work. Closely connects theory with practice and correctly performs practical work with writing a conclusion based on the results obtained. Reads the results of laboratory studies freely, solves situational problems of increased complexity, knows how to summarize the material, possesses the methods of laboratory studies to the required extent.

- **Good ("4")**– A graduate student correctly answered ≥97%-95% of tests in the Step format state licensure exams. Correctly and essentially answers the standardized questions of the current topic, lecture course and independent work. Demonstrates performance (knowledge) of practical skills. Correctly uses theoretical knowledge when solving practical tasks. Is able to solve situational problems of easy and medium complexity. Possesses the necessary practical skills and techniques for execution in an amount that exceeds the required minimum.

- **Satisfactory ("3")–** A graduate student correctly answered ≥90%-94% of tests in the Step format state licensure exams. Partially, with the help of additional questions, answers standardized questions of current activities, lecture course and independent work. Cannot independently construct a clear, logical answer. During the answer and demonstration of practical skills, the graduate student makes mistakes. A graduate student solves only the easiest tasks, possesses only the mandatory minimum of research methods.

- **Unsatisfactory ("2")**– A graduate student answered less than 90% of the tests in the "Step" state licensing exam format. Does not know the material of the current topic, cannot construct a logical answer, does not answer additional questions, does not understand the content of the material. During the response and demonstration of practical skills, he makes significant, gross mistakes.At the last practical lesson, the teacher is obliged to announce to the graduate students the results of their current academic performance, academic debt (if any), as well as to fill out the graduate student's record book when completing the training

program. Only those graduate students who have no academic debt and whose average score for the current educational activity in the discipline is at least 3.00 are admitted to the final certification.

Final control of discipline. The form of final control is the offset.

The grade for the discipline is 50% the current success rate (arithmetic average of all current grades of the graduate student) and 50% is the grade on the test.

To evaluate a discipline on a 4-point traditional (national) scale, the average score for the discipline is initially calculated as the arithmetic mean of two components:

Average current grade, as the arithmetic mean of all current grades, rounded to two decimal places.

The average score for the discipline is translated into a traditional evaluation of the discipline on a 4-point scale and is considered as the ratio of this arithmetic average to the percentage of assimilation of the required volume of knowledge in the given subject.

Thus, if the discipline ends with a credit, the graduate student receives two grades - the first according to the traditional 4-point system and the second according to the 200-point system.

Independent work of a graduate student.

The topics of IWS are determined by the curriculum of the discipline.

The applicant must prepare an essay on each topic of the IWS.

The IWS assessment is carried out at the last practical session

COURSE POLICY

Conditions for mastering the course:

- Compulsory attendance at classes;
- Activity during practical classes;
- Preparation for classes, homework and SRS, etc.;
- Submission of tasks within the established time limits;
- To be tolerant, open and friendly;
- Constructively support feedback in all classes;
- Be punctual and obligatory
- **Inadmissible:**
- - Absences due to improper reasons;
- - Arriving late and voluntarily leaving the classroom or lecture hall (for being late, the graduate student is not allowed to the class/lecture, because he disrupts the course of the educational process. Also, for violating discipline, the graduate student is removed from the classroom and receives a "absent");
- - Use of mobile phones, tablets, laptops, smart watches, etc. during practical classes and lectures;
- - Untimely submission of tasks, etc. (Tasks not submitted within the specified time limits will not be accepted and will be graded "2");
- - Violation of any rules established by the moral and ethical code of ONMedU

Deadlines and Rescheduling Policy

The rescheduling of missed practical/seminar classes is carried out according to the department's practice schedule, to the teacher on duty. The schedule of shifts of teachers of the department is posted on the information stand for graduate students

Workup of missed lectures takes place every Thursday to the head of the department.

*Under the conditions of distance learning, rescheduling takes place according to the schedule, on the Teams platform.

Observance of academic integrity by students of education involves:

1. Independent performance of educational tasks, tasks of current and final control of learning results (for persons with special educational needs, this requirement is applied taking into account their individual needs and capabilities);

2. Links to sources of information in the case of using ideas, developments, statements, information;

3. Compliance with the legislation on copyright and related rights;

4. Provision of reliable information about the results of one's own (scientific, creative) activities, used research methods and sources of information.

Unacceptable in educational activities for participants of the educational process are:

- the use of family or official ties to obtain a positive or higher grade during any form of control of learning outcomes or advantages in scientific work;

- use of prohibited auxiliary materials or technical means (cheat sheets, notes, micro-earphones, telephones, smartphones, tablets, etc.) during control measures;

- passing procedures for control of training results by fake persons.

For violation of academic integrity, students may be held to the following academic responsibility:

• decrease in the evaluation results of the control work, exam, credit, etc.;

• repeated assessment (test, exam, credit, etc.);

• appointment of additional control measures (additional individual tasks, control works, tests, etc.);

• repeating the corresponding educational component of the educational program;

• conducting an additional inspection of other works authored by the violator;

• deprivation of the right to participate in contests for receiving scholarships, grants, etc.;

• notification of the entity that finances training (conducting scientific research), the institution that issued the grant for training (research), potential employers, parents of the student of higher education about the committed violation;

• exclusion from the rating of applicants for receiving an academic scholarship or the calculation of penalty points in such a rating;

• deprivation of an academic scholarship;

• deprivation of tuition benefits provided by the University;

• expulsion from the University.

Attendance and Tardiness Policy

Lateness to practical, seminar classes and lectures is not acceptable. In case of lateness, the graduate student is not admitted to the classroom and receives a "absent" in the journal.

Mobile devices

The use of any mobile devices is prohibited. In case of violation of this point, the graduate student is removed from the class or lecture and receives a "absent" in the journal.

Behavior in the audience

The behavior of a graduate student in classrooms must comply with the rules established by the moral and ethical code of the university.