

## Information sheet for the course Dietetics

<b>University:</b> <i>Alexander Dubček University of Trenčín</i>	
<b>Faculty:</b> <i>Faculty of Health Care</i>	
<b>Course unit code:</b> <i>Diet/d</i>	<b>Course unit title:</b> <i>Dietetics</i>
<b>Type of course unit:</b> <i>compulsory</i>	
<b>Planned types, learning activities and teaching methods:</b> <i>Lecture: 1 hour weekly/13 hours per semester of study; full-time</i>	
<b>Number of credits:</b> <i>2</i>	
<b>Recommended semester:</b> <i>1<sup>st</sup> semester in the 1<sup>st</sup> year (full-time)</i>	
<b>Degree of study:</b> <i>I (bachelor)</i>	
<b>Course prerequisites:</b> <i>none</i>	
<b>Assessment methods:</b> <i>Exam – 50 points</i> <i>Evaluation:</i> <i>A – 50 – 45 points</i> <i>B – 44 – 40 points</i> <i>C – 39 – 35 points,</i> <i>D – 34 – 30 points</i> <i>E – 29 – 25 points</i> <i>FX – 24 – 0 points</i>	
<b>Learning outcomes of the course unit:</b> <i>Student is able to:</i> <ul style="list-style-type: none"> <li>- <i>apply knowledge of physiology of the digestive system and metabolism</i></li> <li>- <i>apply the acquired knowledge of nutrition components, proper human alimentation and the role of nutrition in diseases prevention</i></li> <li>- <i>apply the principles of dietary nutrition</i></li> <li>- <i>define the purpose of energy and nutrients in human nutrition; determines energy and nutrients requirements in patients' nutrition - orally, enterally, or parenterally</i></li> <li>- <i>apply his acquired knowledge of nutrition in primary and secondary disease prevention cases</i></li> </ul>	
<b>Course contents:</b> <ol style="list-style-type: none"> <li><i>1. Importance of nutrition in human health.</i></li> <li><i>2. Macronutrients – proteins, lipids, carbohydrates. Micronutrients – vitamins, minerals.</i></li> <li><i>3. Water. Other nutritional important food components.</i></li> <li><i>4. Current nutritional situation. Nutritional suggestions, suggested nutritional dosages, nutritional pyramid.</i></li> <li><i>5. Fundamentals of anatomy and physiology of the GIT. Digestion and absorption of nutrients.</i></li> <li><i>6. Regulation of food intake. Nutrition during different life periods.</i></li> <li><i>7. Dietetics – meaning of dietotherapy, dietary system, and characteristics of diets.</i></li> <li><i>8. Enteral nutrition – principles, rules, and procedures. Specifics of tube alimentation – nasogastric tube, PEGS, PEI...</i></li> <li><i>9. Parenteral nutrition – principles, rules, procedures.</i></li> <li><i>10. Nutrition in prevention and treatment of diseases – obesity, cardiovascular diseases, oncology, osteoporosis, diabetes mellitus, stomach diseases, liver and gallbladder diseases, diarrhoea, and constipation.</i></li> <li><i>11. Food allergies.</i></li> <li><i>12. Mental anorexia and bulimia.</i></li> </ol>	

13. *Alternative trends in nutrition.*

**Recommended of required reading:**

1. BÉDER, I. a kol.: *Výživa a dietetika. Bratislava: Univerzita Komenského, 2005. 188 p. ISBN 80-223-2007-2.*
2. BEŇO, I.: *Náuka o výžive. Fyziologická a liečebná výživa. Martin : Osveta, 2008. 158 p. ISBN 978-80-8063-294-6.*
3. SVAČINA, Š. a kol.: *Klinická dietologie. Praha : Grada Publishing a.s., 2008. 381 p. ISBN 80-247-2256-6.*
4. SVAČINA, Š. – MÜLLEROVÁ, D. – BRETŠNAJDROVÁ, A. a kol.: *Dietologie. Praha : Triton, 2013. 342 p. ISBN 978-80-7387-699-9.*
5. STRÁNSKÝ, M. – RYŠAVÁ, L.: *Fyziologie a patofyziologie výživy. České Budějovice: Jihočeská univerzita, Zdravotně-sociální fakulta, 2010. 182 p. ISBN 978-80-7394-241-0.*
6. VOLEKOVÁ, M. – ŠATNÍK, V.: *Manuál klinickej výživy. Martin : Osveta, 2008. 95 p. ISBN 978-80-8063-274-8.*
7. KLEINWÄCHTEROVÁ, H. – BRÁZDOVÁ, Z.: *Výživový stav človeka a způsoby jeho zjišťování. Brno : NCONZO, 2005. 102 p. ISBN 80-7013-336-8.*

**Language:** *Slovak*

**Remarks:**

**Evaluation history:** *Number of evaluated students*

A	B	C	D	E	FX

**Lectures:**

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**Last modification:** *22.4.2014*

**Supervisor:** *doc. PhDr. Dagmar Mastiliaková, PhD.*