

SUBJECT OUTLINE

1. Data on the program

1.1 Institution of higher learning	“VICTOR BABEȘ” UNIVERSITY OF MEDICINE AND PHARMACY TIMIȘOARA
1.2 Faculty	FACULTY OF MEDICINE
1.3 Department	VII
1.4 Study domain ¹⁾	Licence
1.5 Study cycle ²⁾	Licence
1.6 Study program/Qualification	Medicine

2. Data on the subject

2.1. Name of the subject	Principles of healthy nutrition							
2.2 Course coordinator								
2.3 Laboratory activities coordinator								
2.4 Year of study	2	2.5 Semester	1	2.6 Type of evaluation	Colloquium	2.7 Discipline regime	Content ³⁾	DS
							Obligation ³⁾	DO

3. Total estimated time (hours during the semester spent on didactic activities)

3.1 Number of hours per week	4	3.2 of which: course	2	3.3 laboratory	2
3.4 Total hours of the learning plan	56	3.5 of which: course	28	3.6 laboratory	28
Distribution of time					Hours
Study from the course book, course support, bibliography and notes					8
Supplementary documentation in the library, specialized electronic platforms and in the field					6
Preparation for seminars/laboratories/projects/homework/portfolios and essays					3
Tutorship					
Examinations					2
Other activities					
3.7 Total hours of individual studies	17				
3.8 Total hours per semester	75 (1 credit = 25 hours)				
3.9 Number of credits⁵⁾	3				

4. Preconditions (where necessary)

4.1 curriculum	Biochemistry, Physiology
4.2 competences	

5. Conditions (where necessary)

5.1 de desfășurare a cursului	<ul style="list-style-type: none"> • Use of cell phones is forbidden during courses, as telephone conversations over the duration of the course, will not be tolerated; • Student tardiness will not be tolerated, as it is disruptive to the educational process; • Course attendance is mandatory in order to participate in the exam during the normal exam session, the maximum number of acceptable absences being 50 % of the total number of courses.
5.2 de desfășurare a seminarului/ laboratorului/ proiectului	<ul style="list-style-type: none"> • Cell phones will be closed over the duration of practical laboratories, as telephone conversations over the duration of the practical laboratories, will not be tolerated; • Student tardiness will not be tolerated, as it is disruptive to the educational process; • Attendance during clinical stages is mandatory, the maximum number of absences being 20% of the total practical laboratories; • Recovery of absences is admissible in the limit of 30% of the total practical laboratories, with pay, at the dates established at the beginning of the semester (with the exception of medical cases, which will solicit individual approval from the Dean's Office); • The practical exam will take place during the normal exam session, from the listed, established topics of the practical laboratories.

6. Acquired specific competences

Professional competences	<ol style="list-style-type: none"> 1. Learning the terms in the field of nutrition and dietetics; 2. Learning fundamental notions regarding the role of nutrition; 3. The ability to evaluate the energy and nutrient requirements of a person; 4. To elaborate a personalized meal plan for a healthy person.
Competences transversal	<ol style="list-style-type: none"> 1. Preoccupation for the professional development by training the abilities for critical thinking by active participation during lectures; 2. Involvement in the scientific research by writing papers, scientific studies or scientific articles; 3. The efficient use of the informational sources and of the resources for communication and assisted professional development (Internet portals, various types of software, databases, on-line lectures etc.).

7. Subject objectives (shown from the accumulated specific competences)

7.1 General objective of the subject	Learning the fundamental notions regarding the elaboration of a meal plan.
7.2 Specific objectives	<ol style="list-style-type: none"> 1. Furnishing the information regarding the role of nutrition in maintaining health and in the treatment of different diseases; 2. Furnishing the information regarding the evaluation of energy and nutrient requirements of a person; 3. Furnishing the information regarding the elaboration of a personalized meal plan for a healthy person;

8. Content

8.1 Course	Teaching methods	Number of hours	Observations
1. Introduction. Definitions.	Structured oral presentations supported by Powerpoint slides, interactive, accompanied by pictures.	2	
2. Calculating the energy and water requirements		2	
3. Macronutrients – carbohydrates		2	
4. Macronutrients – lipids	The lectures are periodically checked-up and completed with relevant new information.	2	
5. Macronutrients – protein		2	
6. Macronutrients – dietary fibers, cholesterol, purines,		2	
7. Micronutrients – hydrosoluble vitamins	Each lecture begins with the disclaimer of the educational objectives and finishes with a brief summary of the knowledge presented.	2	
8. Micronutrients – liposoluble vitamins		2	
9. Micronutrients – macrominerals		2	
10. Micronutrients – microminerals		2	
11. Food survey		2	
12. Food groups		2	
13. How to elaborate a meal plan		2	
14. Types of diet (low fat, low carb)		2	
		28	

Mandatory bibliography:

1. Sima A, Vlad A, Roşu M, Timar R, Timar B. Noţiuni de nutriţie umană fiziologică. Macronutrienţii. Curs lito, Universitatea de Medicină şi Farmacie „Victor Babeş”, Timişoara, 2013.
2. Sima A, Vlad A, Roşu M, Timar R, Timar B. Noţiuni de nutriţie umană fiziologică. Micronutrienţii. Curs lito, Universitatea de Medicină şi Farmacie „Victor Babeş”, Timişoara, 2014.

Elective Bibliography:

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at DietaryGuidelines.gov.
2. EFSA (European Food Safety Authority), 2017. Dietary reference values for nutrients: Summary report. EFSA supporting publication 2017:e15121. 92 pp. doi:10.2903/sp.efsa.2017.e151213.
3. Luboš Sobotka et. al. ESPEN Book - Basics in Clinical Nutrition, fifth edition, 2019

8.2 Seminar/ Laboratory /stage/ project	Methods of teaching and learning	Number of hours	Observations
1. Nutrition terminology. Examples	Interaction with the students, Use of real-life examples	2	
2. Calculating the energy and water requirements		2	
3. Calculating the carbohydrate requirements. Sources		2	
4. Calculating the lipid requirements. Sources		2	

5. Calculating the protein requirements. Sources		2	
6. Calculating the dietary fiber, cholesterol and purine requirements. Sources		2	
7. Calculating the hidrosoluble vitamin requirements. Sources		2	
8. Calculating the liposoluble vitamin requirements. Sources		2	
9. Calculating the macromineral requirements. Sources		2	
10. Calculating the micromineral requirements. Sources		2	
11. Examples of food surveys		2	
12. Food groups		2	
13. How to elaborate a meal plan		2	
14. Types of diet (low fat, low carb) - examples		2	

9. Corroborating the subject content with the expectations of the representatives of the epistemic communities, the professional associations and those of the representative employers afferent to the domain of the program

The student is familiarized with the notions regarding calculating the dietary intake: ideal weight, energy requirement at rest, energy requirement for physical activities, necessary protein, carbohydrate, lipid, fiber, cholesterol and water intake. The student learns how to allocate energy the energy requirements to each meal and how to elaborate a meal plan for a healthy adult. The acquired information and abilities will allow the student to deal with the current healthcare job market, satisfying the educational and professional European standards.

In order to sketch and uniformize the contend, as well as schosing the teaching/learning methods, the subject coordinators have organized and participated in didactic themed workshops in the Romanian Nutrition Society's congresses. The workshops targeted identifying the needs and expectations of employers working this domain and coordinating with similar programs from other medical universities. The acquired information and abilities will allow the student to deal with the current healthcare job market, satisfying the educational and professional European standards.

10. Evaluation

10. Evaluation			
Type of activity	10.1 Evaluation criteria	10.2 Evaluation methods	10.3 Proportion of the final grade
10.4 Course	<i>Knowledge for mark 5:</i> The approximate calculation of parameters regarding dietary intake: ideal weight, energetic and nutrient requirements <i>Knowledge for mark 10:</i> The optimal calculation of parameters regarding dietary intake: ideal weight, energetic and nutrient requirements and elaborating a complete meal plan	<i>Final evaluation:</i> a project based on a chosen theme	100%
10.5 Laboratory/Stage			
10.6 Minimum performance standard			
Knowing the basic notions regarding diet therapy; The ability to elaborate an individualized diet.			

Date of filling	Course coordinator's signature	Laboratory/stage coordinator's signature
Head of discipline's signature Prof. Dr. Romulus Timar		
Date of approval in the department	Department head's signature Conf. Dr. Viviana Ivan	

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