



SYLLABUS of the MODULE (SUBJECT)
General Information

Module title: Alternative diets – scientific analysis	
Module type	Facultative
Faculty PMU	Faculty of Dentistry
Major	Dentistry
Level of study	long-cycle (S2J)
Mode of study	full-time studies
Year of studies, semester	Year 1, semester II
ECTS credits (incl. semester breakdown)	2
Type/s of training	lectures (15 h) / practical (10 h)
Form of assessment*	<input checked="" type="checkbox"/> graded assessment: <input type="checkbox"/> descriptive <input checked="" type="checkbox"/> test <input checked="" type="checkbox"/> practical <input type="checkbox"/> oral <input type="checkbox"/> non-graded assessment <input type="checkbox"/> final examination <input type="checkbox"/> descriptive <input type="checkbox"/> test <input type="checkbox"/> practical <input type="checkbox"/> oral
Head of the Department/ Clinic, Unit	Prof. dr hab. n.med. i n. zdr. Małgorzata Szczuko Department of Bromatology and Nutritional Diagnostics PUM. Powstańców Wlkp. 72 Av; MCD1 building; 1st floor; room 111; Tel. 914661644; bdz@pum.edu.pl
Tutor responsible for the module	Prof. dr hab. n.med. i n. zdr. Małgorzata Szczuko Malgorzata.szczuko@pum.edu.pl
Department's/ Clinic's/ Unit's website	www.pum.edu.pl/studia_iii_stopnia/ informacje_z_jednostek/ wfbmiml/
Language	English

* replace into where applicable

W01	knows and understands functional importance of certain organs and systems in synthetic manner	X		X				
W02	knows and understands the impact on the human organism of physical factors, chemical factors and biological factors as well as of avitaminosis and stress	X						
W03	knows and understands the principles of motivating the patient to pro-health behaviours and human behaviours which contribute to health maintenance	X						
U01	is able to analyze clinical course of diseases in pathological processes			X				
U02	is able to take actions to improve the patient's quality of life and prevent deterioration thereof in the future			X				
U03	is able to perform differential diagnosis of most common diseases			X				
K01	is ready to be guided by the patient wellbeing			X				
K02	is ready to notice and recognize own limitations, make self-assessment of educational deficits and needs			X				
K03	is ready to draw conclusions from own measurements or observations			X				

Table presenting TEACHING PROGRAMME			
No. of a teaching programme	Teaching programme	No. of hours	References to learning outcomes
Summer semester			
Lectures			
TK01	Introducing the principles of rational nutrition according to nutritional needs	3	W01; W02; W03
TK02	Vegan and vegetarian diets	2	W01; W02; W03
TK03	Ketogenic diet, Paleo diet	2	W01
TK04	DASH diet	2	W03
TK05	Mediterranean diet	2	W03
TK06	Low glycemic index diet	2	W03
TK07	Summary of the analyzed diets	2	W02; W03
Practical classes			
TK01	Nutritional Standards and Their Implementation for Various Populations	3	U01; U03; U04; K01
TK02	Analysis of Vegetarian Diets	3	U01; U02; U04; K01; K02; K03
TK03	High-Fat Diet	3	U02; U03; U04; U05; K01; K02; K03
TK04	Test and Discussion/Report and Discussion	1	U01; U02; U03; U04; U05; K03

Booklist
Obligatory literature:
1. Peckenpaugh. Basics of Nutrition and Diet Therapy. Edited by D. Gajewska. Elsevier 1st edition 2012
2. Ciborowska H., Rudnicka A., Żywnienie zdrowego i chorego człowieka. PZWL 2021
3. Nutritional Standards for the Polish Population – NPZ; 2025, edited by Ewa Rychlik, Katarzyna Stoś, Agnieszka Woźniak, Hanna Mojska.

Supplementary literature:

1. Supplementary Literature: Recommended Scientific Publications

Student's workload	
Form of student's activity (in-class participation; activeness, produce a report, etc.)	Student's workload [h]
	Tutor
Contact hours with the tutor	25
Time spent on preparation to seminars/ practical classes	10
Time spent on reading recommended literature	10
Time spent on writing report/making project	10
Time spent on preparing to colloquium/ entry test	15
Time spent on preparing to exam	
Other	
Student's workload in total	70
ECTS credits for the subject (in total)	1
Remarks	
Choosing the Form of ECC Verification Depending on Group Size and Group Collaboration/Involvement	

* Selected examples of methods of assessment:

EP – written examination

EU – oral examination

ET – test examination

EPR – practical examination

K – colloquium

R – report

S – practical skills assessment

RZC – practical classes report, incl. discussion on results

O – student's active participation and attitude assessment

SL – lab report

SP – case study

PS - assessment of student's ability to work independently

W – entry test

PM – multimedia presentation

other...