



**UNIVERSITATEA DE MEDICINĂ ȘI FARMACIE
GRIGORE T. POPA IAȘI**

Str. Universității nr.16, 700115, Iași, România
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SYLLABUS

1. Programme Details

1.1.	“GRIGORE T. POPA” UNIVERSITY OF MEDICINE AND PHARMACY FROM IAȘI
1.2.	FACULTY OF MEDICINE / DEPARTMENT: MEDICALS II
1.3.	DISCIPLINE: NUTRITION AND DIETETICS
1.4.	FIELD OF STUDY: HEALTH
1.5.	STUDY CYCLE: BACHELOR
1.6.	PROGRAMME OF STUDY: Medicine English

2. Discipline Details

2.1.	Name of the Discipline: NUTRITION AND DIETETICS						
2.2.	Teaching staff in charge with lectures: Assoc. Prof. Cristina-Mihaela Lăcătușu						
2.3.	Teaching staff in charge with seminar activities: -						
2.4. Year	III	2.5. Semester	I	2.6. Type of evaluation	Colloquium	2.7. Discipline regimen	Optional

3. Overall Time Estimates (hours/semester of didactic activity)

3.1. Number of hours per week	2	Of which: 3.2. lectures	2	3.3. seminar/ laboratory	-
3.4. Total hours in the curriculum	14	Of which: 3.5. lectures	14	3.6. seminar/ laboratory	-
Distribution of time					Hours
Study time using coursebook materials, bibliography and notes					6
Further study time in the library, online and in the field					12
Preparation time for seminars / laboratories, homework, reports, portfolios and essays					12
Tutoring					2
Examinations					4
Other activities					-
3.7. Total hours of individual study					36
3.8. Total hours / semester					50
3.9. Number of credits					2



FACULTATEA DE MEDICINĂ

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4. Prerequisites (where applicable)

4.1. curriculum	Not applicable
4.2. competences	Not applicable

5. Conditions (where applicable)

5.1. for lecture delivery	Not applicable
5.2. for seminar / laboratory delivery	Not applicable

6. Specific Competences Acquired

Professional Competences (knowledge and skills)	Knowledge of the nutrition's role in maintaining health and preventing or curing diseases
Transversal Competences (roles, personal and professional development)	Evaluation of the nutritional status of an individual Knowledge of the main characteristics of diets able to maintain health and to prevent or treat diseases

7. Objectives of the Discipline (related to the acquired competences)

7.1. General Objective	Acknowledgement by the future physician of the scientific basis of the nutrition's involvement in maintaining health and preventing diseases
7.2. Specific Objectives	Acquirement of basic notions concerning the evaluation of the nutritional status and the formulation of dietetic indications for individual and collective purpose in the diseases' prophylaxis and treatment Practical means of applying/individualizing the nutritional council for the healthy person and for that found in the main situations of disease.

8. Contents

8.1. Lecture	Teaching methods	Comments
Lecture 1 - Basics of healthy eating	Powerpoint/ oral presentation	2 hours
Lecture 2 - Eating behaviour	Powerpoint/ oral presentation	2 hours
Lecture 3 - Nutritional balance	Powerpoint/ oral presentation	2 hours
Lecture 4 - Steps in elaborating a diet	Powerpoint/ oral presentation	2 hours
Lecture 5 - Prophylactic dietetics	Powerpoint/ oral presentation	2 hours
Lecture 6 - Curative dietetics: low calorie diets, low lipid diets, low sodium diets, low fiber diets	Powerpoint/ oral presentation	2 hours
Lecture 7 - Dietary features in metabolic, cardiovascular, renal and digestive diseases	Powerpoint/ oral presentation	2 hours
Bibliography <ol style="list-style-type: none"> Bogdan-Mircea Mihai, Cristina-Mihaela Lăcătușu, Gina Eosefina Botnariu. <i>Handbook of Nutrition and Dietetics</i>. Iași: Editura "Gr. T. Popa", 2017. Thomas B. & British Dietetic Association. <i>Manual of Dietetic Practice</i>. Blackwell Science, 2001. Mahan LK, Escott-Stump S, editors. <i>Krause's Food, Nutrition, & Diet Therapy</i>, 14th edition, Saunders, 2016. Electronic lectures' support 		

8.2. Seminar / Laboratory	Teaching methods	Comments
Not applicable		
Bibliography		

9. Correlations between the contents of the discipline and the expectations of the epistemic community, of profesional associations and of employers in the field

Knowledge and skills are set as teaching objectives and specified as such in analytical programs reviewed annually. After analysis within the discipline, these are discussed and approved within the Curriculum Bureau, in the sense of harmonization with other disciplines. Throughout this process, the correspondence between content and the expectations of the academic community, community representatives, professional associations and employers is systematically assessed, as far as possible. As a primary goal, the discipline aims to provide students with the optimal prerequisites for the next years of study in the Bachelor of Medicine program, in order to successfully hire, immediately after graduation, residency programs in Romania and other EU countries.

10. Evaluation

Type of activity	10.1. Evaluation criteria:	10.2. Methods of evaluation	10.3. Percentage of final grade
10.4. Lecture	Portfolio / projects / case presentation / essays / summaries / homework	Colloquium	100%
10.5. Seminar / Laboratory	- -		
Minimum standard of performance: at least grade 5 to pass the discipline			

Date:
May 9th, 2021

Name and Signature of Didactic Co-ordinator
Assoc. Prof. Bogdan-Mircea Mihai

Name and Signature of Department Director
Prof. Ioana-Dana Alexa