

**Information sheet for the course  
Study of Nutrition**

<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>NoVe</i>			<b>Course unit title:</b> <i>Study of Nutrition</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>1</i>					
<b>Recommended semester:</b> <i>7<sup>th</sup> semester in the 4<sup>th</sup> year (part-time),</i>					
<b>Degree of study:</b> <i>I (bachelor)</i>					
<b>Course prerequisites:</b> <i>none</i>					
<b>Assessment methods:</b> <i>Written or spoken exam (50 points)</i> <i>To achieve A, at least 48 points have to be obtained, to achieve B, at least 44 points have to be obtained, to achieve C, at least 41 points have to be obtained, to achieve D, at least 38 points have to be obtained and to achieve E, at least 35 points have to be obtained.</i>					
<b>Learning outcomes of the course unit:</b> <i>The student will acquire knowledge in the field of science of nutrition and dietitian area. He knows the importance of essential nutrients and micronutrients for human organism, control nutrition in different age groups and medical nutrition for various diseases.</i>					
<b>Course contents:</b> <ol style="list-style-type: none"> <li>1. <i>Basic concepts of the nutrition and dietetics.</i></li> <li>2. <i>Protein, carbohydrates, fats.</i></li> <li>3. <i>Vitamins.</i></li> <li>4. <i>Minerals, macronutrients, micronutrients, trace elements.</i></li> <li>5. <i>Regulation of the food intake and metabolism.</i></li> <li>6. <i>Food allergies.</i></li> <li>7. <i>Nutrition and adults with the good nutrition.</i></li> <li>8. <i>Nutrition of children and adolescents.</i></li> <li>9. <i>Nutrition in pregnancy and during the lactation.</i></li> <li>10. <i>Nutrition in the old age.</i></li> <li>11. <i>Nutrition sick people - therapeutic nutrition.</i></li> <li>12. <i>Nutrition in the selected diseases - cardiovascular disease, gastrointestinal disease.</i></li> <li>13. <i>Nutrition in the selected disease - kidney disease, bone disease.</i></li> </ol>					
<b>Recommended of required reading:</b> <ol style="list-style-type: none"> <li>1. <i>BÉDER, I. A KOL. Výživa a dietetika. Bratislava: Univerzita Komenského, 2005. 188 s. ISBN 80-223-2007-2.</i></li> <li>2. <i>BEŇO, I. Náuka o výžive. Fyziologická a liečebná výživa. Martin: Osveta, 2003. 141 s. ISBN 80-8063-126-3.</i></li> <li>3. <i>MIKO, M., - JANÍČEK, G., - KAJABA, I. Základy výživy. Bratislava: Slovenská technická univerzita, 1991. 326 s. ISBN 80-227-0370-2.</i></li> <li>4. <i>KELLER, V., - MEIER, R., - BERTOLI, S. Klinická výživa. Praha: Scientia medica, 1993. 236 s. ISBN 3-527-15495-7.</i></li> </ol>					
<b>Language:</b> <i>Slovak</i>					
<b>Remarks:</b>					
<b>Evaluation history:</b> <i>Number of evaluated students</i>					
A	B	C	D	E	FX

<b>Lectures:</b> <i>prof. MUDr. Jindřich Vomela, CSc. LL.M, MUDr. Věra Dobiášová, PhD.,MPH.</i>					
<b>Last modification:</b> <i>22.04.2014</i>					
<b>Supervisor:</b> <i>doc. MUDr. Juraj Čelko, PhD.</i>					