

**Information sheet for the course
Alimentation in Prevention of Diseases of Affluence**

University: <i>Alexander Dubček University of Trenčín</i>	
Faculty: <i>Faculty of Health Care</i>	
Course unit code: VyžPCO/e	Course unit title: Alimentation in Prevention of Diseases of Affluence
Type of course unit: <i>compulsory</i>	
Planned types, learning activities and teaching methods: <i>Lecture: 1 hours weekly/13 hours per semester of study; full-time</i>	
Number of credits: 2	
Recommended semester: <i>8th semester in the 4th year (part-time)</i>	
Degree of study: <i>I (bachelor)</i>	
Course prerequisites: none	
Assessment methods: The student will get 50 points per semester: -Active participation -The gained ability to distinguish and define suitable and unsuitable nutritive for the given health problems (15 p) -Handing in a seminar work about a certain topic and its presentation (10 p) -Exam/Test (25 p) For receiving a grade A the student must get at least 47 points, for B at least 42 points, for C at 37 points, for D at least 32 points and finally for E at least 28 points.	
Learning outcomes of the course unit: By attending the course Alimentation in prevention of diseases of affluence, the student will get theoretical knowledge in the field of the right alimentation according to prevention of non inflectional diseases and sustain of good health. The student will know to name and define the components of alimentation and their importance as well as their function in our organisms; he will know to give concrete examples of suitable and unsuitable nutritive, he will be able to discuss about proposed diet programs and he will distinguish diseases caused by bad nutritive habits and their influence on people. He will know the contingency of bad nutritive products and will understand food as a common medicine.	
Course contents: 1. Introduction to the subject, knowledge about nourishment, importance of healthy food, food as a medicine 2. History of development of human nutrition- History of nutrition as field of science 3. Basic food components and their importance and processing in the human body 4. Nutrition and its weaknesses as a cause of diseases 5. Metabolism, obesity /BMI/ and diseases related to it 6. Vitamins, trace elements and their importance in the nourishment 7. Rational lifestyle and alternative forms of nourishing 8. Antioxidants and probiotics in prevention and treatment 9. Diseases cause by eating disorders 10. 11.,Nutrition and sport 11. Alcohol, drugs and other addictive substances in nutrition 12. Bio food 13. Detoxifying treatments and starving as a cure	

Recommended of required reading:

1. BUKOVSKÝ, I.: 2012. *Návod na prežitie pre muža*. Martin, 2nd edition. ISBN:978-80-970230-7-2
2. FOŘT, P. 2005. *Výživa pro dokonalou kondici a zdraví*. Praha, GRADA, 2005, ISBN.: 80-247-1057-9
3. JEDLIČKA, J. 2009. *Zdravý životný štýl*, SPU Nitra, 2009, ISBN:978-80-552-0295-2
4. KULICHOVÁ, A. 2007. *Lekár so svojou obezitou a diabetom*. Osveta, Martin, 2007, ISBN:978-80-8063-259-5
5. KUSHI, M. 2007. *Potraviny – liek náš každodenný*. Marc Van Cauwenberghe, Arimes, Bratislava, 2007
6. KŘIVOHLAVÝ, J. 2002. *Psychologie nemoci*. GRADA, Praha 2002
7. ROBBINS, J. 2001. *Nová výživa*. Pragma, Praha, 2001
8. TOMÁŠIKOVÁ, A., BOČÁKOVÁ, O.: 2008. *Správna výživa a jej miesto v zdravotnej výchove*, Trenčín TnUAD. ISBN: 978-80-8075-353-5,
9. MAUGHAN, R. J. et al. 2002. *Výživa ve sportu*. GALEN, Praha, 2002
10. Zákon o verejnom zdravotníctve č. 126/2006.

Language: Slovak**Remarks:****Evaluation history:** *Number of evaluated students*

A	B	C	D	E	FX

Lectures:

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Last modification: 22.04. 2014**Supervisor:** doc. MUDr. Mária Štefkovičová, PhD., MPH.