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| **Naziv predmeta:** | | | | | **Kako doživjeti stotu?** | | | | | | | | | | |
| **Kod** | MFMI… | | Godina studija | | | 1-6 | | | | | | | | | |
| **Nositelj/i predmeta** | Doc. dr. sc. Ivana Kolčić,  Doc. dr. sc. Irena Zakarija-Grković | | Bodovna vrijednost (ECTS) | | | 2 | | | | | | | | | |
| Suradnici | Prof. dr. sc. Mladen Boban;  Izv. Prof. dr. sc. Vedrana Čikeš-Čulić; doc. dr. sc. Nataša Boban;  Doc. Anamarija Jurčev Savićević;  Doc. dr. sc. Andrea Russo;  Doc. dr. sc. Katja Ćurin;  Doc. dr. sc. Josipa Radić; dr. sc. Ivana Carev;  Dora Bučan, mag. nutr. | | Način izvođenja nastave (broj sati u semestru) | | | P | | S | V | | | T |  | | |
| 10 | | 10 | 5 | | |  |
| Status predmeta | Izborni | | Postotak primjene e-učenja | | | 0 | | | | | | | | | |
| **OPIS PREDMETA** | | | | | | | | | | | | | | | |
| Ciljevi predmeta | 1. Podučiti studente medicine o znanstveno utemeljenim principima zdrave prehrane 2. Upoznati studente s osobitostima Mediteranske prehrane i njezinom učinku na zdravlje 3. Uputiti kako hranu koristiti u preventivne i kurativne svrhe, kako bi se životu čovjeka dodale i godine i kvaliteta života, osiguravajući zdravu i funkcionalnu starost | | | | | | | | | | | | | | |
| Uvjeti za upis predmeta i ulazne kompetencije potrebne za predmet | Nema | | | | | | | | | | | | | | |
| Očekivani ishodi učenja na razini predmeta (4-10 ishoda učenja) | 1. Razumjeti osnovne pretpostavke zdrave prehrane i zdravih namirnica 2. Kritički procijeniti različite moderne „hir dijete“ i znanstvene dokaze o učinku prehrane na zdravlje 3. Savladati principe Mediteranske prehrane 4. Primijeniti usvojeno znanje na vlastite životne navike i u budućem radu s pacijentima | | | | | | | | | | | | | | |
| Sadržaj predmeta detaljno razrađen prema satnici nastave | 1. Što je to zdrava prehrana? Zašto govorimo o prehrani? (2h) 2. Dojenje kao temelj i početak zdrave prehrane (2h) 3. Dohrana dojenčadi: kako, što, kada? (1h) 4. Osnove metabolizma i metaboličkih potreba: koliko nam treba proteina u svakodnevnoj prehrani? Trebamo li uzimati dodatne vitamine i minerale? I druga slična pitanja (1h) 5. Mediteranska prehrana – što jesti, kako pripremiti i zašto je dobro jesti te namirnice? (2h) 6. Kako djeluju nutritivni antioksidansi? (2h) 7. Zdrava prehrana u Zdravom gradu Splitu (2h) 8. Uloga samoniklog bilja Mediteranskog područja u zdravoj prehrani (2h) 9. Pesticidi i drugi kontaminanti u hrani i njihov utjecaj na zdravlje (2h) 10. Sigurna priprema hrane u prevenciji zaraznih bolesti (2h) 11. Uloga hrane u prevenciji i liječenju kroničnih bolesti (2h) 12. 2016.-2025.: Desetljeće 'Akcije u prehrani' (United Nations Decade of Action on Nutrition) (1h) 13. Vježbe na KBC Split, klinički nutricionizam (2h) 14. Vježba – dokumentarni film (2h) | | | | | | | | | | | | | | |
| Vrste izvođenja nastave: | x predavanja  x seminari i radionice  x vježbe  ☐ *on line* u cijelosti  ☐ mješovito e-učenje  ☐ terenska nastava | | | | | x samostalni zadaci  x multimedija  ☐ laboratorij  ☐mentorski rad  ☐       (ostalo upisati) | | | | | | | | | |
|
| Obveze studenata | Nazočnost na nastavi 80% predavanja, 90% seminari i 100% vježbe | | | | | | | | | | | | | | |
| Praćenje rada studenata *(upisati udio u ECTS bodovima za svaku aktivnost tako da ukupni broj ECTS bodova odgovara bodovnoj vrijednosti predmeta):* | Pohađanje nastave | 0,5 | |  | | |  | | |  | | | | |  |
| Seminarski rad | 0,5 | |  | | |  | | | (Ostalo upisati) | | | | |  |
| Pismeni ispit |  | |  | | |  | | | (Ostalo upisati) | | | | |  |
| Projekt | 1 | |  | | |  | | | (Ostalo upisati) | | | | |  |
|  |  | |  | | |  | | | (Ostalo upisati) | | | | |  |
| Ocjenjivanje i vrjednovanje rada studenata tijekom nastave i na završnom ispitu | Pripremljeni seminarski rad i projekt (sastavljen dnevni meni zdrave prehrane s popisom namirnica i opravdanje njihovog uključivanja) | | | | | | | | | | | | | | |
| Obvezna literatura (dostupna u knjižnici i putem ostalih medija) | **Naslov** | | | | | | | | | | **Broj primjeraka u knjižnici** | | | **Dostupnost putem ostalih medija** | |
| Cochrane Library sustavni pregledi  Greger M, Stone G. How Not to Die? Flatiron Books, New York: 2015.  Smjernice Svjetske zdravstvene organizacije | | | | | | | | | |  | | | *da* | |
| Dopunska literatura | YouTube dokumentarni filmovi o prehrani | | | | | | | | | | | | | | |
| Načini praćenja kvalitete koji osiguravaju stjecanje utvrđenih ishoda učenja | -Analiza kvalitete nastave od strane studenata i nastavnika,  -Analiza prolaznosti na ispitima,  -Izvješća Povjerenstva za kontrolu provedbe nastave,  -Izvaninstitucijska evaluacija (posjet timova za kontrolu kvalitete Nacionalne agencije za kontrolu kvalitete, uključenje u TEEP). | | | | | | | | | | | | | | |
| Ostalo (prema mišljenju predlagatelja) |  | | | | | | | | | | | | | | |

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| **NAME OF THE COURSE** | | **How to reach 100?** | | | | | | | | | | | | |
| **Code** | MFMI… | | | | Year of study | | | | 1-6 | | | | | |
| Course leader(s) | Dr. Ivana Kolčić, MD, PhD Dr. Irena Zakarija-Grković, MD, FRACGP, IBCLC, PhD | | | | Credits (ECTS) | | | |  | | | | | |
| Associate teachers | Prof. Mladen Boban, MD, PhD;  Prof. Vedrana Čikeš-Čulić, PhD;  Assist. Prof. Anamarija Jurčev Savićević, MD, PhD;  Assist. Prof. Andrea Russo, MD, PhD;  Assist. Prof. Josipa Radić, MD, PhD; Ivana Carev, PhD;  Dora Bučan, clinical nutritionist | | | | Type of instruction (number of hours) | | | | L | S | | E | | T |
| 10 | 10 | | 5 | |  |
| Status of the course | Elective | | | | Percentage of application of e-learning | | | | 0 | | | | | |
| **COURSE DESCRIPTION** | | | | | | | | | | | | | | |
| Course enrolment requirements and entry competences required for the course | None | | | | | | | | | | | | | |
| Learning outcomes expected at the level of the course (4 to 10 learning outcomes) | 1. To understand the evidence-based principles of healthy eating and healthy foods 2. To critically appraise various ‘fad diets’ and scientific evidence on nutrition 3. To understand the principles of the Mediterranean diet 4. To apply acquired knowledge in everyday life and medical practice | | | | | | | | | | | | | |
| Course content broken down in detail by weekly class schedule (syllabus) | Topics covered:   1. What is a healthy diet? Why should we talk about nutrition? 2. Breastfeeding: the first step towards healthy nutrition 3. Complementary feeding: What? When? How? 4. The basics of metabolism and metabolic needs: How much protein do we need? Are supplements justified? And other questions 5. The Mediterranean diet: What should we eat? How should we prepare foods? Why should we eat those foods? 6. The role of nutritional antioxidants 7. Healthy eating in a healthy city – a model of the City of Split 8. The role of wild Mediterranean plants in healthy eating 9. Pesticides and other contaminants in food and their impact on health 10. Safe food preparation of food in the prevention of infectious diseases 11. The role of food in the prevention of chronic non-communicable diseases 12. 2016-2025: United Nations Decade of Action on Nutrition | | | | | | | | | | | | | |
| Format of instruction | ☐x lectures  ☐x seminars and workshops  ☐x exercises  ☐ *on line* in entirety  ☐ partial e-learning  ☐ field work | | | | | ☐x independent assignments  ☐x multimedia  ☐ laboratory  ☐ work with mentor  ☐       (other) | | | | | | | | |
|
| Student responsibilities | In accordance to Rules of studying and Deontological code for USSM students. | | | | | | | | | | | | | |
| Screening student work *(name the proportion of ECTS credits for each* *activity so that the total number of ECTS credits is equal to the ECTS value of the course)* | Class attendance | | 0,5 | Research | | |  | Practical training | | | | |  | |
| Experimental work | |  | Report | | |  | (Other) | | | | |  | |
| Essay | |  | Seminar essay | | | 0,5 | (Other) | | | | |  | |
| Tests | |  | Oral exam | | |  | (Other) | | | | |  | |
| Written exam | |  | Project | | | 1 | (Other) | | | | |  | |
| Grading and evaluating student work in class and at the final exam | Preparation and presentation of seminar and a project (creation of a healthy menu) | | | | | | | | | | | | | |
| Required literature (available in the library and via other media) | **Title** | | | | | | | | **Number of copies in the library** | | **Availability via other media** | | | |
| Cochrane Library syastematic reviews | | | | | | | |  | |  | | | |
| Greger M, Stone G. How Not to Die? Flatiron Books, New York: 2015. | | | | | | | |  | |  | | | |
| Website and guidelines by the World Health Organization | | | | | | | |  | |  | | | |
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| Optional literature (at the time of submission of study programme proposal) | YouTube documentary films about nutrition | | | | | | | | | | | | | |
| Quality assurance methods that ensure the acquisition of exit competences | * Teaching quality analysis by students and teachers * Exam passing rate analysis * Committee for control of teaching reports * External evaluation | | | | | | | | | | | | | |
| Other (as the proposer wishes to add) |  | | | | | | | | | | | | | |