

**Faculty of Medicine / HIGHER MEDICAL SCHOOL / DIETETICS**

<b>Course:</b>	DIETETICS			
<b>Course ID</b>	<b>Course status</b>	<b>Semester</b>	<b>ECTS credits</b>	<b>Lessons</b> (Lessons+Exercises+Laboratory)
7629	Mandatory	4	2	2+1+0
<b>Programs</b>	HIGHER MEDICAL SCHOOL			
<b>Prerequisites</b>	There are no requirements			
<b>Aims</b>	Acquiring basic knowledge about the importance of nutrition in health and disease			
<b>Learning outcomes</b>	After the exam, students will: - develop a critical attitude towards different ways of eating - distinguish between types of macronutrients and micronutrients in food, as well as their frequency in a complete meal and their role in the body - distinguish and calculate the energy needs of certain population groups - be able to assess the menu in accordance with the physiological needs of the individual and the group - be able to organize different nutrition surveys - plan the composition of meals for certain population groups - implement basic anthropometric methods for assessing the state of nutrition of individuals and population groups - develop a critical review of hygiene and healthfulness of foodstuffs			
<b>Lecturer / Teaching assistant</b>				
<b>Methodology</b>	Lectures, exercises, seminar work, colloquium, consultations			
<b>Plan and program of work</b>				
Preparing week	Preparation and registration of the semester			
I week lectures	General principles of nutrition, basic food ingredients, nutritional value of foods.			
I week exercises	Determination of nutritional status, BMI			
II week lectures	Nutritional supplements, food for special nutritional needs.			
II week exercises	Determining nutritional status by determining body composition			
III week lectures	Methodology of conducting dietary tests			
III week exercises	Determining nutritional status by determining body composition			
IV week lectures	Assessment of nutritional status and establishment of nutritional diagnosis			
IV week exercises	24-hour recall			
V week lectures	Obesity and BMI.			
V week exercises	Food diary			
VI week lectures	Childrens growth standards according to WHO.			
VI week exercises	Food frequency questionnaire			
VII week lectures	Nutrition of certain population groups.			
VII week exercises	Nutrition during the life cycle - seminar			
VIII week lectures	Health problems and disorders resulting from inadequate nutrition			
VIII week exercises	Obesity as a disease and as a risk factor - seminar			
IX week lectures	Food safety.			
IX week exercises	Hygienic and sanitary procedures in the prevention of food-borne diseases			
X week lectures	Basic principles of diet therapy.			
X week exercises	Dietetic interventions			
XI week lectures	Principles of nutrition planning and meal preparation.			
XI week exercises	Nutrition guides and their practical application			
XII week lectures	Macronutrients			
XII week exercises	Determining energy and nutrient requirements			
XIII week lectures	Micronutrients - vitamins.			
XIII week exercises	Determining the need for protective substances - vitamins			
XIV week lectures	Micronutrients - minerals			

XIV week exercises		Mikronutrijenti -minerali				
XV week lectures		The importance of water in the diet.				
XV week exercises		Examples of medical nutritional prevention and medical nutritional therapy for a specific disease.				
<b>Student workload</b>		In the semester Teaching and final exam: (2.66 hours) x 16 = 42.56 hours Necessary preparations before the beginning of the semester (administration, enrollment, certification): (2.66 hours) x 2 = 5.32 hours Total workload for the course: 2 x 30 = 60 hours Load structure: 42.56 hours (classes and final exam) + 5.32 hours (preparation) + 12 hours (supplementary work)				
<b>Per week</b>		<b>Per semester</b>				
<b>2 credits x 40/30=2 hours and 40 minuts</b> 2 sat(a) theoretical classes 0 sat(a) practical classes 1 excercises <b>-1 hour(s) i 40 minuts</b> of independent work, including consultations		Classes and final exam: <b>2 hour(s) i 40 minuts x 16 =42 hour(s) i 40 minuts</b> Necessary preparation before the beginning of the semester (administration, registration, certification): <b>2 hour(s) i 40 minuts x 2 =5 hour(s) i 20 minuts</b> Total workload for the subject: <b>2 x 30=60 hour(s)</b> Additional work for exam preparation in the preparing exam period, including taking the remedial exam from 0 to 30 hours (remaining time from the first two items to the total load for the item) <b>12 hour(s) i 0 minuts</b> Workload structure: <b>42 hour(s) i 40 minuts (cources), 5 hour(s) i 20 minuts (preparation), 12 hour(s) i 0 minuts (additional work)</b>				
<b>Student obligations</b>		Lectures, discussions, consultations and seminar papers				
<b>Consultations</b>						
<b>Literature</b>		Budimka Novaković, Food Hygiene, Faculty of Medicine, Novi Sad, 2005 Goran Belojević, Dietetics. University of Montenegro, 2022				
<b>Examination methods</b>		Seminar paper 10 points, two tests 20 points each, final exam (test) 50 points. A passing grade is obtained if a minimum of 50 points is collected				
<b>Special remarks</b>						
<b>Comment</b>						
<b>Grade:</b>	F	E	D	C	B	A
<b>Number of points</b>	less than 50 points	greater than or equal to 50 points and less than 60 points	greater than or equal to 60 points and less than 70 points	greater than or equal to 70 points and less than 80 points	greater than or equal to 80 points and less than 90 points	greater than or equal to 90 points