

## FIȘA DISCIPLINEI

### 1. Date despre program

1.1 Instituția de învățământ superior	<b>UNIVERSITATEA DE MEDICINĂ ȘI FARMACIE "VICTOR BABEȘ" TIMIȘOARA</b>
1.2 Facultatea	<b>FACULTATEA DE MEDICINĂ</b>
1.3 Departamentul	VII – Medicină Internă II
1.4 Domeniul de studii de	Medicină
1.5 Ciclul de studii	Licență
1.6 Programul de studii/ Calificarea	<b>Medicină (în limba engleză)</b>

### 2. Date despre disciplină

2.1. Denumirea disciplinei	<b>Healthy nutrition</b>							
2.2 Titularul activităților de curs	Șef de Lucrări Dr. Gaiță Laura							
2.3 Titularul activităților de laborator	Șef de Lucrări Dr. Gaiță Laura, Șef de Lucrări Dr. Adriana Gherbon, Șef de Lucrări Dr. Vlad Avram, Asist. Univ. Dr. Deiana Roman							
2.4 Anul de studiu	<b>II</b>	2.5 Semestrul	<b>3</b>	2.6 Tipul de evaluare	<b>Colocviu</b>	2.7 Regimul disciplinei	Conținut	<b>DS</b>
							Obligativitate	<b>DO</b>

### 3. Timpul total estimat (ore pe semestru al activităților didactice)

3.1 Număr de ore pe săptămână	<b>4</b>	3.2 din care: curs	<b>2</b>	3.3 laborator	<b>2</b>
3.4 Total ore din planul de învățământ	<b>56 (4 x 14 pt. 1 sem.)</b>	3.5 din care: curs	<b>28</b>	3.6 laborator	<b>28</b>
Distribuția fondului de timp					ore
Studiul după manual, suport de curs, bibliografie și notițe					10
Documentare suplimentară în bibliotecă, pe platformele electronice de specialitate și pe teren					3
Pregătire seminarii/ laboratoare/ proiecte, teme, referate, portofolii și eseuri					4
Tutoriat					
Examinări (1 examen final)					2
Alte activități					
<b>3.7 Total ore studiu individual</b>	<b>17</b>				
<b>3.8 Total ore pe semestru</b>	<b>75</b> (3 credite x 25 ore/credit)				
<b>3.9 Numărul de credite</b>	<b>3</b>				

### 4. Precondiții (acolo unde este cazul)

4.1 de curriculum	
4.2 de competențe	

### 5. Condiții (acolo unde este cazul)

5.1 de desfășurare a cursului	<ul style="list-style-type: none"> <li>The students should be in time for the lectures;</li> <li>The lectures are compulsory; only 50% of all the lectures may be missed.</li> </ul>
5.2 de desfășurare a seminarului/ laboratorului/ proiectului	<ul style="list-style-type: none"> <li>The students should be in time for the practical activity;</li> <li>The presence at the practical activity is compulsory; only 20% of the labs may be missed;</li> <li>It is allowed to recuperate 30% of the labs, after paying the tax, during the established dates (except for the health problems, when the approval of the dean is needed);</li> <li>The practical exam will take place in the last day of the stay in the department or in the session, from the announced topics.</li> </ul>

## 6. Competențe specifice acumulate

<b>Competențe Profesionale</b>	<ol style="list-style-type: none"> <li>1. Learning the terms in the field of nutrition and dietetics;</li> <li>2. Learning fundamental knowledge about the role of nutrition;</li> <li>3. The ability to evaluate the energy and nutrient requirement of a person;</li> <li>4. To elaborate a personalized meal plan for a healthy person.</li> </ol>
<b>Competențe transversale</b>	<ol style="list-style-type: none"> <li>1. Preoccupation for the professional development by training the abilities for critical thinking by active participation to the lectures;</li> <li>2. Involvement in the scientific research by writing papers, scientific studies or scientific articles;</li> <li>3. The efficient use of the informational sources and of the resources for communication and assisted professional development (Internet portals, various types of software, databases, on-line lectures etc.).</li> </ol>

## 7. Obiectivele disciplinei (reieșind din competențele specifice acumulate)

7.1 Obiectivul general al disciplinei	1. Learning the fundamental knowledge about elaborating a meal plan.
7.2 Obiectivele specifice	<ol style="list-style-type: none"> <li>1. Learning about the role of nutrition in maintaining health and in the treatment of different diseases;</li> <li>2. Learning to evaluate the energy and nutrient requirement of a person;</li> <li>3. Learning to elaborate a personalized meal plan for a healthy person;</li> </ol>

## 8. Conținuturi

8.1 Curs	Metode de predare	Număr de ore	Observații
1. Introduction. Definitions.	<ul style="list-style-type: none"><li>• Structured oral presentations supported by Powerpoint slides, interactive, accompanied by pictures.</li><li>• The lectures are periodically checked-up and completed with relevant new information.</li><li>• Each lecture begins with the disclaimer of the educational objectives and finishes with a brief summary of the knowledge presented.</li></ul>	1	<ul style="list-style-type: none"><li>• The optional references are available at the disciplin and at the library of the university.</li></ul>
2. The aim of nutrition		1	
3. Calculation of the energy requirement		1	
4. Macronutrients – carbohydrates		1	
5. Macronutrients –fats		1	
6. Macronutrients – proteins		1	
7. Macronutrients – dietary fibers, cholesterol, purines		1	
8. Micronutrients – vitamins		1	
9. Micronutrients – minerals		1	
10. Water		1	
11. Dietary assessment		1	
12. Food groups		1	
13. How to elaborate a meal plan		1	
14. Types of diet (low fat, low carb)		1	
<b>Bibliografie obligatorie:</b> 1. Timar R (ed.). Diabetul zaharat și bolile metabolice. Pentru studenții Facultății de Medicină. Universitatea de Medicină și Farmacie „Victor Babeș”, Timișoara, 2018. 2. Alexandra Sima, Romulus Timar, Adrian Vlad, Mihaela Rosu, Bogdan Timar, Nutritie umana fiziologica, Editura SOLNESS, Timisoara, 2014			
<b>Bibliografie facultativă:</b> 1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at DietaryGuidelines.gov. 2. EFSA (European Food Safety Authority), 2017. Dietary reference values for nutrients: Summary report. EFSA supporting publication 2017:e15121. 92 pp. doi:10.2903/sp.efsa.2017.e15121 3. Sobotka L (editor). Basics in clinical nutrition. Fifth edition. Publishing House Galén Prag. <a href="http://www.espenbluebook.org">www.espenbluebook.org</a> 4. 2021 ESC Guidelines on cardiovascular disease prevention in clinical practice: Developed by the Task Force for cardiovascular disease prevention in clinical practice with representatives of the European Society of Cardiology and 12 medical societies with the special contribution of the European Association of Preventive Cardiology (EAPC). European Heart Journal, Volume 42, Issue 34, 7 September 2021, Pages 3227-3337. 5. 2019 ESC/EAS Guidelines for the management of dyslipidaemias: lipid modification to reduce cardiovascular risk: The Task Force for the management of dyslipidaemias of the European Society of Cardiology (ESC) and European Atherosclerosis Society (EAS). European Heart Journal, Volume 41, Issue 1, 1 January 2020, Pages 111-188. 6. American Diabetes Association. Standards of Medical Care in Diabetes – 2022. Diabetes Care, Volume 45, Supplement 1, January 2022.			
8.2 Seminar/ Laborator /stagiu/ proiect	Metode de predare-învățare	Număr de ore	Observații

1. Introduction. Definitions.	CASE PRESENTATIONS + DEBATES	2	Interactive discussions related to clinical cases.
2. The aim of nutrition		2	
3. Calculation of the energy requirement		2	
4. Macronutrients – carbohydrates		2	
5. Macronutrients –fats		2	
6. Macronutrients – proteins		2	
7. Macronutrients – dietary fibers, cholesterol, purines		2	
8. Micronutrients – vitamins		2	
9. Micronutrients – minerals		2	
10. Water		2	
11. Dietary assessment		2	
12. Food groups		2	
13. How to elaborate a meal plan		2	
14. Types of diet (low fat, low carb)		2	

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1. Timar R (ed.). Diabetul zaharat și bolile metabolice. Pentru studenții Facultății de Medicină. Universitatea de Medicină și Farmacie „Victor Babeș”, Timișoara, 2018.
2. Alexandra Sima, Romulus Timar, Adrian Vlad, Mihaela Rosu, Bogdan Timar, Nutritie umana fiziologica, Editura SOLNESS, Timisoara, 2014

**Bibliografie facultativă:**

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at DietaryGuidelines.gov.
2. EFSA (European Food Safety Authority), 2017. Dietary reference values for nutrients: Summary report. EFSA supporting publication 2017:e15121. 92 pp. doi:10.2903/sp.efsa.2017.e15121
3. Sobotka L (editor). Basics in clinical nutrition. Fifth edition. Publishing House Galén Prag. [www.espenbluebook.org](http://www.espenbluebook.org)
4. 2021 ESC Guidelines on cardiovascular disease prevention in clinical practice: Developed by the Task Force for cardiovascular disease prevention in clinical practice with representatives of the European Society of Cardiology and 12 medical societies with the special contribution of the European Association of Preventive Cardiology (EAPC). European Heart Journal, Volume 42, Issue 34, 7 September 2021, Pages 3227-3337.
5. 2019 ESC/EAS Guidelines for the management of dyslipidaemias: lipid modification to reduce cardiovascular risk: The Task Force for the management of dyslipidaemias of the European Society of Cardiology (ESC) and European Atherosclerosis Society (EAS). European Heart Journal, Volume 41, Issue 1, 1 January 2020, Pages 111-188.
6. American Diabetes Association. Standards of Medical Care in Diabetes – 2022. Diabetes Care, Volume 45, Supplement 1, January 2022.

**9. Coroborarea conținuturilor disciplinei cu așteptările reprezentanților comunităților epistemice, asociațiilor profesionale și angajatori reprezentativi din domeniul aferent programului**

The student is acquainted with the dietary treatment of different diseases that are common in the practical activity. The information and the abilities gathered will make the future physician competitive and will allow him/her to meet the European professional and educational standards.

In order to establish the curricula and to choose between different teaching/learning methods, the teachers attended the didactic workshops organized by the Romanian Society of Diabetes, Nutrition and Metabolic Diseases. The meetings had as main purposes to identify the expectations of the employers and to correlate the own curricula with that from other universities of medicine from the country.

**10. Evaluare**

Tip activitate	10.1 Criterii de evaluare	10.2 Metode de evaluare	10.3 Pondere din nota finală
10.4 Curs	<i>Knowledge for mark 5:</i> Basic knowledge regarding elaborating a diet <i>Knowledge for mark 10:</i> Elaborating a correct meal plan	<i>Evaluare finală:</i> referat pe o temă dată  <i>Evaluare continuă:</i> evaluarea activității în timpul cursurilor	90%  10%
10.6 Standard minim de performanță			
Basic knowledge about dietary treatment. Ability to elaborate a personalized meal plan.			

Data completării 11.11.2024	Semnătura titularului de curs Şef de Lucrări Dr. Gaiţă Laura	Semnătura titularului de laborator/stagiu  Şef de Lucrări Dr. Gaiţă Laura Şef de Lucrări Dr. Adriana Gherbon Şef de Lucrări Dr. Vlad Avram Asist. Univ. Dr. Deiana Roman
Semnătura şefului de disciplină  Prof. Dr. Bogdan Timar		
Data avizării în departament	Semnătura directorului de departament  Conf. Dr. Viviana Ivan	