

FACULTY OF PHYSICAL EDUCATION AND SPORTS**Department of Health and Human Development****Study program: Nutrition and Dietetics****Level: Undergraduate****Year I**

Course code	Course	Autumn semester / credits	Spring semester / credits
DF.01.01	Anatomy	5	
DF.01.02	Biochemistry	5	
DF.01.03	Cellular and Molecular Biology	2	
DS.01.04	Basic Nutrition	5	
DD.01.05	General Chemistry	5	
DC.01.06	Medical Informatics. Biostatistics	4	
DC.01.07	Behavioral Sciences. Medical Psychology. Medical Sociology	2	
DS.01.08	Practical Skills	2	
DF.02.09	Cellular and Molecular Biology		5
DS.02.10	Food Chemistry		5
DF.02.11	Physiology		4
DD.02.12	Hygiene		4
DF.02.13	Microbiology (Bacteriology, Virology, Parasitology)		4
DC.02.14	English Language		3
DS.02.15	Practical Skills		2

DS.02.16	Specialized Medical Practice		2
DC.02.17	Physical Education and Sports		1
Total		30	30

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DF.01.01**

III.2 Course: **Anatomy**

III.3 Semester: **Autumn 3/ 5th semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **5**

III.6 The topic of the course

The course covers the basics of human anatomy including cell, histology, osteology and artology, myology, anatomy of the respiratory system, anatomy of the digestive system, cardiovascular system anatomy, excretory system anatomy, anatomy of the female and male reproductive system, nervous system anatomy, anatomy of the analyzers.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DF.01.02**

III.2 Course: **Biochemistry**

III.3 Semester: **Autumn 3/ 5th semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **5**

III.6 The topic of the course

This course involves the study of the molecular composition of living cells, the organization of biological molecules within the cell, and the structure and function of these biological molecules. The students will learn about: introduction to biochemistry, carbohydrates, lipids, nucleotides and nucleic acids, amino acid, proteins, hemoprotein, energy metabolism, protein metabolism, lipid metabolism, carbohydrate metabolism, biochemistry of the nutrient absorption status, biochemistry of starvation, biochemistry of the liver, kidney, bone tissue, biochemistry of gastrointestinal hormones.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DF.01.03**

III.2 Course: **Cellular and molecular biology**

III.3 Semester: **Autumn 3/ 5th semester**

III.4 Number of hours weekly:

III.5 Number of credits ECTS: **2**

III.6 The topic of the course: **2**

The **Cellular and molecular biology** describes the structure and function of cells in all their genetic, biochemical, developmental, physiological and pathophysiological aspects. This course will introduce students to the cellular and molecular biology, the prokaryotic cell and eukaryotic cell. The students should know the structure of the eukaryotic cell, cellular organisms, cell types, molecular structure of the plasma membrane, cell membrane properties, membrane receptors, cytoplasmic matrix, cytoskeleton, cellular communication, interactions between cells and the environment, nucleus, definitions, functions, structure, the nuclear shell, nucleoplasm, nucleolus, chromatin, nuclear pores.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.01.04**

III.2 Course: **Nutrition basics**

III.3 Semester: **Autumn 3/ 5th semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **5**

III.6 The topic of the course

The course emphasizes the concepts of nutrition with a focus on the relationships of nutrients to health and physical activity. This course will introduce students to nutrition. The students will learn about: planning a healthy diet, digestion, absorption, transport, carbohydrates: sugar, starch, fiber, lipids: triglycerides, phospholipids, sterols, protein: amino acids, energy balance: body composition, body weight management: overweight, obesity, underweight, water-soluble vitamins, fat soluble vitamins, water and electrolytes, macrominerals (Sodium, Chloride, Potassium, Calcium, Phosphorus, Magnesium, Sulfur), microminerals (Zinc, Iodine, Selenium, Copper, Manganese, Chromium, Molybdenum), physical activity, nutrients and body adaptation

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DD.01.05**

III.2 Course: **General chemistry**

III.3 Semester: **Autumn 3/ 5th semester**

III.4 Number of hours weekly: **5**

III.5 Number of credits ECTS: **5**

III.6 The topic of the course

General chemistry course covers fundamental principles and laws of chemistry including: introduction to chemistry, types of chemical reactions, acid-base systems, buffer solutions, emulsions, PH, metallic elements and their properties, non-metal elements and their properties, subject of organic chemistry (raw, molecular and structural formulas, carbon chains, types of carbon atoms, classification of organic compounds), hydrocarbons, carboxylic acids, natural esters, organic nitrogen compounds, organic sulfur compounds, organic oxygen compounds, aromatic heterocyclic combinations.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DC.01.06**

III.2 Course: **Medical informatics. Biostatistics**

III.3 Semester: **Autumn 3/ 5th semester**

III.4 Number of hours weekly: **3**

III.5 Number of credits ECTS: **4**

III.6 The topic of the course

The course is about: processing clinical data with information science and tools, improving healthcare. The students will learn about: Basic elements of information theory, data structures and principles of medical software development, application software for the medical office, biostatistics elements and probability calculus I, biostatistics elements and probability calculus II, biostatistics and probability calculation III, medical computer applications.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DC.01.07**

III.2 Course: **Behavioral sciences. Medical psychology. Medical sociology**

III.3 Semester: **Autumn 3/ 5th semester**

III.4 Number of hours weekly: **2**

III.5 Number of credits ECTS: **2**

III.6 The topic of the course

Behavioral sciences. Medical psychology. Medical sociology is an interdisciplinary course that bridges the worlds of biology, psychology, and sociology. In this course the students will learn about: Human behavior, personality: definition and typologies, motivation and its implications on human behavior (applications in nutrition), society and culture, social structures, social emotions and human behaviors (cabinet, polyclinic, hospital), communication perspectives to address human behavior, theory of communication registers (assertive communication strategies), psycho-behavioral factors with implications in somatic and psychological pathology, harmful behaviors, aspects of doctor-patient communication (transactional analysis - method of improving communication between physician and patient), Aspects of doctor-patient communication (behavioral modeling elements), aspects of doctor-patient communication (cognitive-behavioral psychotherapy), aspects of doctor-patient communication (group psychotherapy).

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.01.08**

III.2 Course: **Practical skills**

III.3 Semester: **Autumn 3/ 5th semester**

III.4 Number of hours/ semester: **28**

III.5 Number of credits ECTS: **2**

III.6 The topic of the course

The **Practical skills** course takes place at USV and “Sfantul Ioan cel Nou” Emergency Hospital Suceava. From a practical point of view, the students learn how to evaluate healthy lifestyle, anthropometric assessments and interpretation, weighing food / serving food, nutritional tables, identification of carbohydrates in the diet, identification of lipids in food, protein identification in diet, identification of vitamins in food, measurement of blood pressure, glycemic profile and project - lifestyle optimization

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DF.02.09**

III.2 Course: **Cellular and molecular biology**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **5**

III.6 The topic of the course

The **Cellular and molecular biology** is a course that describes the structure and function of cells in all their genetic, biochemical, developmental, physiological and pathophysiological aspects. The course include information about the genetic material, the genetic code, endoplasmic reticulum, the Golgi Complex (transport vesicles), mitochondria (cellular metabolic processes), cellular secretion, cellular transport (membrane carriers. types of cellular transport), cellular transport (the active transport of substances through the cell membrane), transcellular active transport, cell cycle and cell division, cell cycle regulation, cellular apoptosis, applications of molecular biology in medicine, applications of molecular biology in biotechnology.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.02.10**

III.2 Course: **Food chemistry**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours weekly: **5**

III.5 Number of credits ECTS: **5**

III.6 The topic of the course

Food chemistry is a course that describes the properties and function of components in food. The course include information about introduction-water, classification and chemical characteristics of foods, chemical food composition, food materials used in binding, food materials used in milk preparation technology, alkaloids.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DF.02.11**

III.2 Course: **Physiology**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **4**

III.6 The topic of the course

The course covers the normal physiology of the human body. It includes topics on definition of general and special physiology of man, physiology of the locomotory appliance (bone, system, muscle system), nervous system physiology, physiology of the spinal cord, the cerebral trunk, the reticulate formation, the cerebellum, the diencephalon, the limbic system, the cerebral hemispheres, respiratory appliance physiology, the cardio-vascular apparatus physiology, the body physiology, digestive appliance physiology, urinary appliance physiology, the endocrine system physiology, reproduction physiology, analysis physiology, intermediary and energy metabolism.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DD.02.12**

III.2 Course: **Hygiene**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours weekly: **3**

III.5 Number of credits ECTS: **4**

III.6 The topic of the course

General hygiene is aimed at the formation of a knowledge system about the general notions of air hygiene, radiation hygiene, water hygiene, soil hygiene, hygiene of residues, hygiene of nutrition.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DF.02.13**

III.2 Course: **Microbiology (bacteriology, virology, parasitology)**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **4**

III.6 The topic of the course

The **Microbiology (bacteriology, virology, parasitology)** course covers principles of microbiology with emphasis on microorganisms and human disease. The students will learn about microbiology - definition, development of microbiology as science, anti-infectious host defense mechanisms, nutrition and cultivation, antibacterial agents - classification, action mechanism, antibiotic resistance mechanisms, anti-tuberculosis drugs, staphylococcus genus,

the genus Streptococcus, Enterobacteriaceae family, Vibrio genus, Mycobacterium genus, general concepts about viruses, the main diseases caused by viruses, parasitology.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DC.02.14**

III.2 Course: **English language**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours weekly: **2**

III.5 Number of credits ECTS: **3**

III.6 The topic of the course

The course focuses on the ability to communicate orally and in writing with the patient. It includes topics on Dieticians and /or nutritionists (essential skills required by professional associations), food products (foods and healthy eating, food guides around the world, the descriptive power of words), job title suffixes (modal verbs, verbs, nouns and adjectives followed by prepositions), vocabulary practice (nouns that denote vegetables, legumes and fruit), is there a perfect food diet (recipes, types of diet, The Paleo diet), adjectives employed in describing TASTE (eating with all our senses), Health Literacy (plain language alternatives for patient information and consent materials), the menu in a restaurant (useful words and phrases), types of meals and recipes (cooking verbs, collocations), food idioms, phrasal verbs and talking about food.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.02.15**

III.2 Course: **Practical skills**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours/ semester: **28**

III.5 Number of credits ECTS: **2**

III.6 The topic of the course

The **Practical skills** is hosted by USV and „Sfantul Ioan cel Nou” Emergency Hospital Suceava. The students will learn about presentation of food groups, exercise, cereals, fruit, vegetables, dairy, egg, meat, fat, sweets, sweeteners. From the practical point of view, the students should realize a communication project - food pyramid for various categories.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.02.16**

III.2 Course: **Specialized medical practice**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours/ semester: **120**

III.5 Number of credits ECTS: **2**

III.6 The topic of the course

The **Specialized medical practice** is done at USV and "Sfantul Ioan cel Nou" Emergency Hospital Suceava. Students will learn concept of kitchen functionality, in hospital settings, food flow, types of food surveys, food diary, application of frequency questionnaires, energy consumption in various types of physical activity examples, food menus, energy requirement, water necessary, nutritional label, energy from foods, biological evaluation - interpretation. The students would learn presentation techniques of educational materials used in cardiovascular risk - preventive nutrition, methods of education for small and medium groups, nutritional education in children – project, prevention of children-activity in schools, clinical nutrition studies.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DC.02.17**

III.2 Course: **Physical education and Sports**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours weekly: **1**

III.5 Number of credits ECTS: **1**

III.6 The topic of the course

The course is designed to investigate and apply the basic concepts and principles of lifetime physical fitness and other health-related factors.

Year II

Course code	Course	Autumn semester / credits	Spring semester / credits
DF.03.01	Physiopathology	4	
DD.03.02	Semiology and medical pathology	4	
DF.03.03	Pharmacology	3	
DS.03.04	Food toxicology	5	
DS.03.05	Healthy human nutrition	4	
DR.03.06	Instrumental analysis	4	
DC.03.07	Nutrition communication	2	
DC.03.08	English language	2	
DC.03.09	Physical education and sports	1	
DS.03.10	Practical skills	2	
DS.04.11	Food technology / gastrotechnology		5
DC.04.12	English language		3
DD.03.13	Semiology and surgical pathology		4
DS.04.14	Food hygiene and food safety		5
DD.04.15	Childcare and pediatrics		4
DS.04.16	Phytotherapy		3
DD.04.17	Ethics and professional deontology		3
DC.04.18	Physical education and sports		1
DS.04.19	Specialized medical practice		2
DS.04.20	Practical skills		2
Total		30	31

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DF.03.01**

III.2 Course: **Physiopathology**

III.3 Semester: **Autumn 2/ 3rd semester**

III.4 Number of hours weekly: **3**

III.5 Number of credits ECTS: **4**

III.6 The topic of the course

The **Physiopathology** course underlines the relationship between anatomy, physiology and pathology. The students should understand the normal and pathological functions of the human body structures. The course includes information about physiology of nervous system, locomotor system, respiration, reproduction, analyzers, cardiovascular system, blood and lymphatic circulation, gastrointestinal glands, urinary system; the intestinal absorption of macro and micronutrients; physiopathology of metabolism.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DD.03.02**

III.2 Course: **Semiology and medical pathology**

III.3 Semester: **Autumn 2/ 3rd semester**

III.4 Number of hours weekly: **3**

III.5 Number of credits ECTS: **4**

III.6 The topic of the course

The **Semiology and medical pathology** course deals with the investigation of those pathological mechanisms common to all tissue-cell pathology. Attention is paid to the processes of cellular adaptation, inflammation, repair, immunology, cellular accumulation, and neoplasia.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DF.03.03**

III.2 Course: **Pharmacology**

III.3 Semester: **Autumn 2/ 3rd semester**

III.4 Number of hours weekly: **2**

III.5 Number of credits ECTS: **3**

III.6 The topic of the course

The **Pharmacology** course includes general information about drug composition and properties, synthesis and drug design, molecular and cellular mechanisms, organ/ systems mechanisms, signal transduction/ cellular communication, molecular diagnostics, interactions (drug-food interaction), toxicology, chemical biology, therapy (including vitamin therapy), and medical applications and antipathogenic capabilities. The students should understand the meaning of pharmacokinetics, pharmacodynamics and pharmacotherapy.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.03.04**

III.2 Course: **Food toxicology**

III.3 Semester: **Autumn 2/ 3rd semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **5**

III.6 The topic of the course

Food toxicology is a course focusing on toxic substances in food either of natural origin or formed after food spoilage or general practices for healthy nutrient consumption. Students should know about metabolism of toxic substances, goitrogenic substances, cyanogenic glycosides, hemagglutinin, mushrooms poisoning, nitrates/ nitrites poisoning, natural food contaminants, mycotoxins in food, heavy metal poisoning, pesticide poisoning, toxicities of dioxins and polychlorobiphenyls.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.03.05**

III.2 Course: **Healthy human nutrition**

III.3 Semester: **Autumn 2/ 3rd semester**

III.4 Number of hours weekly: **3**

III.5 Number of credits ECTS: **4**

III.6 The topic of the course

The course is designed to offer basic knowledge about the nutrients in foods and in the body, dietary reference intakes (establishing nutrient recommendations, establishing energy

recommendations, using nutrient recommendations, comparing nutrient recommendations), nutrition assessment (of individuals/ populations), nutrition information and misinformation (on the net and in the news), principles and guidelines, diet-planning guides, food labels.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DR.03.06**

III.2 Course: **Instrumental analysis**

III.3 Semester: **Autumn 2/ 3rd semester**

III.4 Number of hours weekly: **3**

III.5 Number of credits ECTS: **4**

III.6 The topic of the course

The objectives and competences of the course are: to give basic knowledge on instrumental methods of analysis and train students to perform practical work on real samples to get acquainted with instrumentation and equipment. The **Instrumental analysis** course is requiring knowledge of general chemistry, physics and selected topics of mathematics (in particular of functions, derivatives) and statistics.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DC.03.07**

III.2 Course: **Nutrition communication**

III.3 Semester: **Autumn 2/ 3rd semester**

III.4 Number of hours weekly: **2**

III.5 Number of credits ECTS: **2**

III.6 The topic of the course

Nutrition communication course is designed to offer students the possibility to examine nutritional epidemiology, nutrition and health behaviour, food policy, knowledge translation, and nutrition communication strategies – and develop the critical thinking skills needed to interpret and translate scientific evidence for a variety of purposes and media channels. The students will be able to critically interpret and synthesize scientific research as the foundation of evidence-based communication and practice; create, deliver and evaluate multi-component knowledge translation products and communication campaigns using various channels and vehicles; create inclusive and accessible communications tailored to people's needs; understand the roles of institutional and government policies in current food issues.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DC.03.08**

III.2 Course: **English language**

III.3 Semester: **Autumn 2/ 3rd semester**

III.4 Number of hours weekly: **2**

III.5 Number of credits ECTS: **2**

III.6 The topic of the course

The **English language** course allows students to learn and use medicine terms to express ideas, opinions and beliefs on issues such as culinary behavior, health and scientific achievements in the field of nutrition and human health.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DC.03.09**

III.2 Course: **Physical education and sport**

III.3 Semester: **Autumn 2/ 3rd semester**

III.4 Number of hours weekly: **1**

III.5 Number of credits ECTS: **1**

III.6 The topic of the course

Physical education and sport course will provide a variety of activities, which will motivate students and increase participation. The physical education and sport program will allow the students to participate in developmentally appropriate activities, will develop and reinforce cooperative behavior, and will teach the students to establish lifelong fitness goals.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.03.10**

III.2 Course: **Practical skills**

III.3 Semester: **Autumn 2/ 3rd semester**

III.4 Number of hours weekly: **28**

III.5 Number of credits ECTS: **2**

III.6 The topic of the course

The **Practical skills** stage is allowing student to establish the nutritional needs on different age groups and different diseases for a diet, including allowed and contraindicated foods, to carry out the organoleptic evaluation of the degree of freshness foods included in the menus, as well as the application of the technologies for preparing the culinary preparations for nutrition and dietetic meals; to design an adapted diet; to present a case study for a nutritional counseling that sets nutritional needs for different age groups and conditions.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.04.11**

III.2 Course: **Food technology / gastrotechnology**

III.3 Semester: **Spring 2/ 4th semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **5**

III.6 The topic of the course

Food technology / gastro technology is a course dealing with the description of concepts, theories and basic notions of food cooking technology for nutrition and dietetic meals. The students acquire the basic concepts of food cooking technology for healthy people. They will also learn about food industry hygiene standards.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DC.04.12**

III.2 Course: **English language**

III.3 Semester: **Spring 2/ 4th semester**

III.4 Number of hours/ semester: **2**

III.5 Number of credits ECTS: **3**

III.6 The topic of the course

The **English language** course allows students to express ideas, opinions and beliefs on issues such as culinary behavior, health and scientific achievements in the field of nutrition and human health. Some of the content proposed for presentation, critical interpretation and debate is also promoted by international bodies such as *The Federation of European Nutrition Societies*, *The Nutrition Society of Australia* or *GNOLLS.ORG*

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DD.03.13**

III.2 Course: **Semiology and surgical pathology**

III.3 Semester: **Spring 2/ 4th semester**

III.4 Number of hours weekly: **3**

III.5 Number of credits ECTS: **4**

III.6 The topic of the course

The **Semiology and surgical pathology** course will introduce the student to pathology relevant to surgical practice in general. The aim will be to ensure that students have an understanding of general pathology including surgical microbiology and haematology.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.04.14**

III.2 Course: **Food hygiene and food safety**

III.3 Semester: **Spring 2/ 4th semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **5**

III.6 The topic of the course

The **Food hygiene and food safety** course includes information about the methods to minimize the chances of food contamination or food poisoning. The dietitian has a legal obligation to implement a food safety management system, to ensure that all members of staff attend appropriate food hygiene courses and to maintain adequate food hygiene standards.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DD.04.15**

III.2 Course: **Childcare and pediatrics**

III.3 Semester: **Spring 2/ 4th semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **4**

III.6 The topic of the course

The course will develop a durable framework for evaluating the health of children in all settings: both wellness and common illnesses, inpatient and newborn nursery. Students are

expected to be responsible for evaluating pediatric patients, challenging themselves to interpret these findings, create differential diagnoses, and formulate diagnostic and nutritional plans.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.04.16**

III.2 Course: **Phytotherapy**

III.3 Semester: **Spring 2/ 4th semester**

III.4 Number of hours weekly: **3**

III.5 Number of credits ECTS: **3**

III.6 The topic of the course

The **Phytotherapy** course includes information about principles which underlying natural therapy methods, with emphasis on the use of medicinal plants as a complementary system for the correction of physiological and functional imbalances. The students will learn about the plants with therapeutic effects. They will be engage in practical activities of harvesting, preserving, conditioning, dosing and administration of medicinal plants.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DD.04.17**

III.2 Course: **Ethics and professional deontology**

III.3 Semester: **Spring 2/ 4th semester**

III.4 Number of hours weekly: **3**

III.5 Number of credits ECTS: **3**

III.6 The topic of the course

The **Ethics and professional deontology** course includes information about how to apply knowledge to jobs or vocations in a professional way. Students must have those skills for the elaboration and defense of principles, and problem-solving within their field of study. Students must have the capacity to gather and interpret relevant information (usually within their field of study) to deliver judgments, including a reflection on relevant social, scientific, or ethical topics. Students must be capable of transmitting information, ideas, problems, and solutions to a specialized and a non-specialized audience. Students must develop those necessary learning skills to pursue postgraduate studies with a high degree of autonomy.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DC.04.18**

III.2 Course: **Physical education and sports**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours weekly: **1**

III.5 Number of credits ECTS: **1**

III.6 The topic of the course

The **Physical education** course is designed to investigate and apply the basic concepts and principles of lifetime physical fitness and other health-related factors.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.04.19**

III.2 Course: **Specialized medical practice**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours/ semester: 120

III.5 Number of credits ECTS: **2**

III.6 The topic of the course

The **Specialized medical practice** takes place at USV and USV Restaurant. The students will learn about the occupational health and safety at work in food processing units in food, how to make a restaurant menu, technology of food preparation, how to apply diet therapy in metabolic disorders, biliary tract diseases, cardiovascular diseases, pancreas diseases, intestinal diseases, stomach and kidney diseases.

I. Study program: Nutrition and Dietetics

II. Undergraduate

III.1 Course code: **DS.04.20**

III.2 Course: **Practical skills**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours/ semester: 28

III.5 Number of credits ECTS: **2**

III.6 The topic of the course

The **Practical skills internship** takes place at USV and USV Restaurant. The students will learn about the occupational health and safety at work in food processing units in food,

how to make a restaurant menu, food technology, organoleptic exam, child nutrition, nutrition in adolescents, sport nutrition, nutrition and physical activity.

Year III

Course code	Course	Autumn semester / credits	Spring semester / credits
DS.05.01	Methodology of scientific research	4	
DS.05.02	Diet therapy and peculiarities of care in cancers	5	
DS.05.03	Diet therapy and care particularities in the internal medicine pathology (digestive, cardiovascular, renal)	5	
DS.05.04	Endocrinology and metabolism and nutrition diseases	5	
DS.05.05	Epidemiology	4	
DS.05.06	Diet therapy and peculiarities of care in diseases of nutritional metabolism and obesity	4	
DS.05.07	Practical skills	2	
DS.06.08	Diet therapy and peculiarities of care in infectious diseases		4
DS.06.09	Diet therapy and peculiarities of care in surgical pathology		3
DC.06.10	Diet therapy in food intolerances and allergies		4
DS.06.11	Legislation principles of administration and organization of nutrition services		4

DS.06.12	Community nutrition health promotion and nutritional therapeutic education		4
DS.06.13	Medical emergencies and first aid		2
DS.05.14	Public health. Sanitary management		3
DS.05.15	Practical skills		2
DS.05.16	Practical training		2
DS.05.17	Internship for the elaboration of the license paper		2
Total		29	30

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.05.01**

III.2 Course: **Methodology of scientific research**

III.3 Semester: **Autumn 3/ 5th semester**

III.4 Number of hours weekly: **3**

III.5 Number of credits ECTS: **4**

Objectives: to know how to read, summarize, carry out and present a scientific article of different types, to conceive the experimental design, to draw up a scientific paper, to document on a given theme, to detect the need for writing an article and theme, to know how to present the results of the ceremony.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.05.02**

III.2 Course: **Diet therapy and peculiarities of care in cancers**

III.3 Semester: **Autumn 3/ 5th semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **5**

III.6 The topic of the course

Objectives: knowing the risk factors and mechanisms of cancer genesis, understanding the importance of early preventative and cancer screening and aspects of corrective nutritional diet

of cancer sufferers in osteotinous, muscular, digestive, infectious, metabolic, toxic, premenstrual syndrome and mental states.

The course presents the basic knowledge necessary for understanding and substantiating the theoretical and practical principles of nutrition in order to elaborate and use food regimes corresponding to different types of cancer.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.05.03**

III.2 Course: **Diet therapy and care particularities in the internal medicine pathology (digestive, cardiovascular, renal)**

III.3 Semester: **Autumn 3/ 5th semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **5**

III.6 The topic of the course

Objectives:

- The ability to integrate nutritional knowledge of disease care in general nutritional care developed by graduates of Nutrition and Dietetics after graduation.
- The ability to provide personalized diets for the prevention or treatment of various conditions.
- The ability to present to patients the advantages and disadvantages of nutrients according to their affection.
- Identifying roles and responsibilities in a multidisciplinary team and applying effective relationship and work techniques within the team and in relation to the patient.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.05.04**

III.2 Course: **Endocrinology and metabolism and nutrition diseases**

III.3 Semester: **Autumn 3/ 5th semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **5**

III.6 The topic of the course

Objectives: strengthening the fundamental notions of endocrinology, identifying and analyzing nutritional aspects by age groups and endocrine disorders, the recognition of nutritional imbalances and the proper setting of diets according to endocrine dysfunction, nutritional counseling in various endocrine diseases.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.05.05**

III.2 Course: **Epidemiology**

III.3 Semester: **Autumn 3/ 5th semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **4**

III.6 The topic of the course

Objectives: to know the notions specific to the discipline and to use them appropriately, to use the terminology of the discipline correctly and appropriately, to select first aid methods by casuistry, to use the guidelines for food consumption, in accordance with the rules in force, the capacity of nutritional care of patients with various organ pathologies.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.05.06**

III.2 Course: **Diet therapy and peculiarities of care in diseases of nutritional metabolism and obesity**

III.3 Semester: **Autumn 3/ 5th semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **4**

III.6 The topic of the course

Objectives:

- Deepening fundamental notions in the field of diabetes and nutrition disorders
- Identification and analysis of nutritional aspects by age groups, social factors in diabetes
- Applying different types of diet to prevent chronic complications
- Recognition of nutritional imbalances and adequate diet based on metabolic disease
- Providing healthy lifestyle elements and healthy nutrition in diabetes, metabolic diseases, to prevent primary or secondary chronic complications and increase the quality of life.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.06.07**

III.2 Course: **Practical skills**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours / semester: **28**

III.5 Number of credits ECTS: **2**

III.6 The topic of the course

The **Practical skills** stage is allowing student to establish the nutritional needs on different age groups and different diseases for a diet, including allowed and contraindicated foods, to carry out the organoleptic evaluation of the degree of freshness foods included in the menus, as well as the application of the technologies for preparing the culinary preparations for nutrition and dietetic meals; to design an adapted diet; to present a case study for a nutritional counseling that sets nutritional needs for different age groups and conditions.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.06.08**

III.2 Course: **Diet therapy and peculiarities of care in infectious diseases**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours weekly: **3**

III.5 Number of credits ECTS: **4**

III.6 The topic of the course

Objectives:

- The ability to describe and know the specificities of infectious diseases with repercussions in eating
- Performing and interpreting practical aspects of laboratory work
- Nutritional counseling in infectious diseases
- Establishing appropriate diets in various infectious diseases.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.06.09**

III.2 Course: **Diet therapy and peculiarities of care in surgical pathology**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours weekly: **2**

III.5 Number of credits ECTS: **3**

III.6 The topic of the course

Objectives:

- Acquiring and deepening the fundamental notions in the field of surgical pathology.
- Definition and classification of nutritional needs in surgical pathology.
- Recognition of nutritional imbalances and adequate diet setting by group of surgically-specific diseases.
- Pre- and postoperative nutritional counseling in various surgical diseases.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DC.06.10**

III.2 Course: **Diet therapy in food intolerances and allergies**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **4**

III.6 The topic of the course

After learning the subject of allergy, the student will be able to identify allergy conditions, especially food allergy, will be able to develop, in collaboration with the allergologist-immunologist clinician, an evacuation diet corresponding to the individualized case; will have elementary knowledge of food processing technology that could interfere with the immune system (conservation, storage, etc.); will master the terminology of communicating nutritional counseling; will be able to differentiate the application of allergy diet concepts by age groups; will have clear notions of allergenic cross between different food categories.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.06.11**

III.2 Course: **Legislation principles of administration and organization of nutrition services**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **4**

III.6 The topic of the course

The general objectives of the discipline are: pursuing the profession of nutritionist and / or dietician within the national public health system; organizing and managing a medical nutrition office; specialized nutrition and / or dietetic counseling.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.06.12**

III.2 Course: **Community nutrition health promotion and nutritional therapeutic education**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **4**

III.6 The topic of the course

Professional skills obtained by the students: to know the notions specific to the discipline and to use them appropriately; to use the terminology of the discipline correctly and appropriately; to select first aid methods by casuistic; to use the guidelines for food consumption, in accordance with the rules in force; the capacity of nutritional care of patients with various organ pathologies.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.06.13**

III.2 Course: **Medical emergencies and first aid**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours weekly: **3**

III.5 Number of credits ECTS: **2**

III.6 The topic of the course

Professional skills obtained by the students: conducting basic cardiopulmonary resuscitation maneuvers in adults and children; performing semiautomatic defibrillation; performing basic airway management; providing basic first aid in case of trauma (road accident, wounds, bleeding, dropping).

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.06.14**

III.2 Course: **Public health. Sanitary management**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours weekly: **2**

III.5 Number of credits ECTS: **3**

III.6 The topic of the course

Professional skills obtained: description of concepts, theories and basic notions on the notions of public health and health management; knowledge and understanding of basic concepts, specific to public health and health management; knowing the fundamental sanitary management and public health, gaining the ability to understand and interpret the sanitary law in force; basic knowledge on the development of the sanitary system.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.06.15**

III.2 Course: **Practical skills**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours / semester: **22**

III.5 Number of credits ECTS: **2**

III.6 The topic of the course

The **Practical skills** stage is allowing student to establish the nutritional needs on different age groups and different diseases for a diet, including allowed and contraindicated foods, to carry out the organoleptic evaluation of the degree of freshness foods included in the menus, as well as the application of the technologies for preparing the culinary preparations for nutrition and dietetic meals; to design an adapted diet; to present a case study for a nutritional counseling that sets nutritional needs for different age groups and conditions.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.06.16**

III.2 Course: **Practical training**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours /semester: **120**

III.5 Number of credits ECTS: **2**

III.6 The topic of the course

Objectives: acquiring the technique and methodology of making an anamnesis; acquiring the knowledge required to complete a complete objective exam; acquisition of general methodological principles in the practice of complementary investigations; knowledge and measurement of motricity parameters that can be influenced in various pathological conditions; the acquisition of human and ethical ethics, ethical standards of patient care and methods of dealing with patients, their families or other persons involved in their care, the development of teamwork skills.

I. Study program: **Nutrition and Dietetics**

II. Undergraduate

III.1 Course code: **DS.06.17**

III.2 Course: **Internship for the elaboration of the license paper**

III.3 Semester: **Spring 3/ 6th semester**

III.4 Number of hours / semester: **56**

III.5 Number of credits ECTS: **2**

III.6 The topic of the course

Objectives: knowledge of the specific basic notions of scientific research; explaining and interpreting the main ideas, basic processes and the theoretical and practical contents of the discipline; the compilation of a scientific paper in the field and the elaboration of the bachelor's thesis.