

**The syllabus of the discipline  
Nutriciology**

**Teachers**



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**1. Name of institution of higher education and department:** National University of Pharmacy, Department of Chemistry of Natural Compounds and Nutrition.

**2. Address:** Kharkiv, street Valentinovskaya, 4, chemical building, 4th floor, tel. 0572-67-93-63.

**3. Web-site:** <https://cnc.nuph.edu.ua/>

**4. Information about teachers:**

**Popova Natalia Viacheslavovna** Doctor of Pharmaceutical Sciences, Professor of the Department of Chemistry of Natural Compounds and Nutritiology. Experience of scientific and pedagogical activity – 40 years. He teaches courses: "Pharmacognosy", "Pharmacognosy with the basics of phytocosmetics", "Pharmacognosy with the basics of resource science", "Nutriticiology", "Resource science of medicinal plants". Research interests: chemistry of natural compounds, plant cultivation.

**Tartynska Ganna Sergiivna** Assistant of the Department of Chemistry of Natural Compounds and Nutrition, Candidate of Pharmaceutical Sciences. Experience of scientific and pedagogical activity – 9 years. He teaches courses: "Pharmacognosy", "Pharmacognosy with the basics of phytocosmetics", "Pharmacognosy with the basics of resource science", "Nutriticiology", "Resource science of medicinal plants". Research interests: chemistry of natural compounds, plant cultivation.

**5. Consultations** take place on Wednesdays from 12.05 to 12.50 at the Department of Chemistry of Natural Compounds and Nutriticiology.

**6. Brief annotation: the discipline** "Nut" is a discipline of iciology” of the first bachelor's level of specialty 227 "Pharmacy" of the educational-professional program "Pharmacy".

**7. The purpose of the discipline:** the formation of a system of theoretical knowledge, practical skills and abilities of higher education on the organization of nutrition of healthy and sick people at different ages of life through the application of modern scientific provisions of nutrition and assessment of nutritional composition of foods used for prevention and treatment .

**8. Course format:** conducting lectures and practical classes for optimal mastering of topics.

**9. Program learning outcomes:**

According to the results of training, applicants for higher education will be able to:

PRN 01. Demonstrate a willingness to strengthen and maintain personal and public health through the use of human physical activity and outreach among patients / clients, their family members, health professionals, and the improvement of the community environment.

PRN 04. Apply in professional activities knowledge of biological, medical, pedagogical and psychosocial aspects of physical therapy.

PRN 12. Choose the best forms, methods and techniques that would ensure respect for the patient / client, his safety / protection, comfort and privacy.

PRN 15. To instruct and train clients, members of their families, colleagues and small groups.

PRN 17. Assess yourself critically, learn new professional information, deepen knowledge through self-education, evaluate and present your own experience, analyze and apply the experience of colleagues.

PRN 18. Apply professional activities in accordance with the needs of health, cultural values and traditions of the population.

**10. Scope of the discipline:** 4.0 ECTS credits: 8 hours - lectures, 32 hours - practical classes, 80 hours of independent work.

**11. Prerequisites of the discipline:** "Normal and pathological human physiology", "Organic chemistry", "Biological chemistry".

**12. Hardware and software:** computers, multimedia device, screen.

**13. Discipline policies:** no form of violation of academic integrity is tolerated. In case of such events - response in accordance with the provisions of NUPh.

**14. Scheme of academic discipline:**

Date	Lecture	Materials of educational and methodical complex
02.03.20	Rational nutrition. Therapeutic nutrition. Alternative diets.	<a href="https://cnc.nuph.edu.ua/nutriciologija/lekcija/?lang=en">https://cnc.nuph.edu.ua/nutriciologija/lekcija/?lang=en</a>
03.03.20	Fundamentals of nutriticology: macro- and micronutrients. Water and its role in the human body. Genetically modified organisms, food additives in food products.	
04.03.20	Features of nutrition in various nosological forms of disease.	
22.03.20	Features of nutrition of pregnant women and women who have breastfed children, children and adolescents, the elderly, athletes, workers in production with harmful working conditions.	
<b>Classes</b>		Materials of educational and methodical complex
02.03	Rational nutrition. Therapeutic nutrition. Alternative diets.	<a href="https://cnc.nuph.edu.ua/nutriciologija/lekcija/?lang=en/">https://cnc.nuph.edu.ua/nutriciologija/lekcija/?lang=en /</a>
10.03	Fundamentals of nutriticology:	
18.03	<i>Submodule 1</i>	
18.03	Nutritional composition of food in various nosological forms of disease.	
25.03	Basics of nutrition of pregnant women and women who have children who are breastfeeding. Basics of nutrition of children and adolescents. Basics of nutrition of the elderly.	

26.03	Basics of nutrition of athletes. Features of nutrition of workers in production with harmful working conditions.	
30.03	<i>Submodule 2</i>	
30.03	<b>Final module control from module 1:</b> "Nutriciology". Assessment of the nutritional composition of food products that form the basis of medical nutrition, nutrition of people of different sexes, ages and activities	

**15. Evaluation system and requirements:** evaluation is carried out on a 100-point scale: current control - 1-2 points, final control of MR mastering 1–16-26 points, final control of MR mastering 2 - 15-24 points, final modular control - 25 -40 points. Forms of control: oral examination, written theoretical and practical control.