



**CALENDAR-THEMED PLAN OF PRACTICAL CLASSES**  
 from the educational component «Nutriciology» for 3<sup>rd</sup> year students 22 «Health»  
 226 «Pharmacy, industrial pharmacy», educational program «Pharmacy»  
**ФМ21\*(4,10д)English 1, 2 groups**  
 (autumn semester, 2023-2024)

№	Date	Lesson Name	Volume in hours	Volume	
				in hours	in hours
<b>CONTENT MODULE 1. NUTRIENTS IN FOODS. DIET, NUTRITIONAL STATUS, DIETARY SUPPLEMENTS.</b>					
1.	08.09	Nutritionology: subject, purpose and objectives. The role of nutrition in ensuring the life processes of the body.	4 PR	2	4
2.	15.09	Macronutrients, their content in food products. Micronutrients, their content in food products.	4 PR	2	4
3.	22.09	Unconventional (alternative) diet. Diet, its completeness, balance, nutritional and energy value. Nutritional status, methods of its determination. Dietary supplements. Classification of biological activity and application.	4 PR	2	4
		<i>Final test of CM 1 assimilation</i>		24	38
<b>Total from CM 1:</b>				<b>30</b>	<b>50</b>
<b>CONTENT MODULE 2. NUTRITIONAL CORRECTION OF DIFFERENT DISEASES.</b>					
4	29.09	Nutritional correction for food intolerance and food allergies. Nutritional correction for diabetes mellitus.	4 PR	2	4
5	06.10	Nutritional correction for diabetes mellitus. Nutritional correction of diseases of the gastrointestinal tract.	4 PR	2	4
6	13.10	Nutritional correction of diseases of the cardiovascular system. Nutritional correction of diseases of the urinary system.	4 PR	2	4
7.	20.10	Nutritional correction of diseases of the musculoskeletal system.	4 PR	2	4
		<i>Final test of CM 2 assimilation</i>		22	34
<b>Total from CM 2:</b>				<b>30</b>	<b>50</b>
8.	27.10	<b>Semester credit from module 1: «Nutrients in foods. diet, nutritional status, dietary supplements. Nutritional correction of different diseases.»</b>	4 PR		
<b>THE WHOLE AMOUNT OF HOURS FOR THE MODULE 1</b>			<b>PR-32</b>	<b>60</b>	<b>100</b>

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Pharmacognosy  
and Nutritiology, Professor

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### STUDENT WORKLOAD IN HOURS

Total	Credit	Lectures	Classes	Independent work	National scale
120	4,0	8	32	80	Credit For example (91-credit-A)

**Note.** Assessment of **current rating (CR)** of students **at each class** is carried out according to the scale: 0-59% - 0 points, 60-73% - 1-2 points, 74-100% - 3-4 points. Evaluation of the **CM № 1, CM № 2** is carried out by the sum of the current rating and control works from the modules.

%	Points
<i>Final test of CM 1 assimilation</i>	
90-100	34-38
74-89	28-33
60-73	24-27
0-59	0-23

%	Points
<i>Final test of CM 2 assimilation</i>	
90-100	31-34
74-89	25-30
60-73	22-24
0-59	0-21

**Rating from module 1 (per semester) = CM №1 + CM № 2**