



CALENDAR-THEMED PLAN OF PRACTICAL CLASSES

from the educational component «**Basics of rational nutrition**» for 5th year students
 22 «Healthcare» 226 «Pharmacy, industrial pharmacy»,
 educational program «Pharmacy»
ΦM19(4,10)English 1 - 6 groups
(spring semester, 2023-2024)

№	Date	Lesson Name	Volume in hours Type of activity	Knowledge Assessment System, points	
				min	max
CONTENT MODULE 1. NUTRITIONAL FOUNDATIONS OF RATIONAL AND MEDICAL NUTRITION					
1.	23.02-01.03	General concepts of energy metabolism. Basic principles of rational nutrition: classical theories and concepts of nutrition; separate meals; author's diets; rational nutrition; balanced nutrition.	4 PR	3	5
2.	08.03 – 15.03	The concept of medical nutrition, its types. Alternative types of nutrition: basic principles of medical nutrition; parenteral and tube nutrition; lactotherapy; juice therapy; enotherapy and ampelotherapy; apitherapy; alternative theories and concepts of nutrition.	4 PR	3	5
3.	22.03 – 29.03	Basics of nutrition: macro- and micronutrients; water and its role in human life.	4 PR	3	5
		<i>Final test of CM 1 assimilation</i>		21	35
Total from CM 1:				30	50
CONTENT MODULE 2. EVALUATION OF THE NUTRITIONAL COMPOSITION OF FOOD PRODUCTS THAT FORM THE BASIS OF MEDICAL NUTRITION, RATIONAL NUTRITION OF PEOPLE OF DIFFERENT SEXES, AGES AND TYPES OF ACTIVITIES					
4.	05.04 – 12.04	Nutrient composition of food products for various nosological forms of diseases: therapeutic nutrition for diseases of the cardiovascular system, respiratory organs, gastrointestinal tract, kidneys, endocrine, metabolic, collagen and allergic diseases.	4 PR	3	5
5.	19.04 – 26.04	Basics of rational nutrition for pregnant women and women who have breastfed children. Fundamentals of rational nutrition for children and adolescents: fundamentals of rational nutrition for children of the first year of life, young children, and schoolchildren. Basics of rational nutrition for the elderly.	4 PR	3	5
6.	03.05 – 10.05	Basics of nutrition for athletes. Peculiarities of nutrition of workers in production with harmful working conditions.	4 PR	3	5
		<i>Final test of CM 2 assimilation</i>		21	35
		Всього за 3М 2:			
Semester credit from module 1: «Nutritional foundations of rational and medical nutrition. Evaluation of the nutritional composition of food products that form the basis of medical nutrition, rational nutrition of people of different sexes, ages and types of activities»			4 PR		
THE WHOLE AMOUNT OF HOURS FOR THE MODULE 1			PR-24	60	100

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STUDENT WORKLOAD IN HOURS

Total	Credit	Lectures	Classes	Independent work	National scale
90	3,0	6	24	60	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% - 1-3 points, 74-100% - 4-5 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	32-35
74-89	26-31
60-73	21-25
0-59	0-20

%	Points
<i>Final test of CM 2 assimilation</i>	
90-100	32-35
74-89	26-31
60-73	21-25
0-59	0-20

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