

Course Title: Hygiene
Course Director: Dr hab. Małgorzata Bała

Coordinator /contact: dr Joanna Zając e-mail: joanna.jankowska@uj.edu.pl
Responsible person/contact: dr Joanna Zając
e-mail: joanna.jankowska@uj.edu.pl

Address: Kopernika 7 31-034 Kraków

Year: 2017/2018

Total number of hours: 25

Lectures:

Seminars:

Labs/Practicals:

Others (e.g. recitation):

Exams:

Conduct/Dress Code:

Student's Evaluation:

-credit requirements:

Each seminar ends with a test. Each test is for 6 points. Maximum: 75 points. Sum of scored points is exchanged into marks:

75- 67.5 points – 5.0 (90%)

67-60.5 points – 4.5 (80%)

60-52.5 points – 4.0 (70%)

52-45.5 points – 3.5 (60%)

45-37.0 points – 3.0 (50%)

<37 points – 2.0

-attendance requirements:

-type of the final exam:

One absence allowed

The final exam is for those who did not achieve 37 points. The final exam consist of 60 questions; each question has 5 answers and only 1 is correct.

-retake information:

Teachers:

Prof. Emilia Kolarzyk; dr Agnieszka Ostachowska-Gąsior; dr Wojciech Szot; dr Joanna Zając; mgr Paulina Toboła

Date	Day	Time	Type of classes	No of hours	Group	Topic	Teacher	Place
19 II	Mo	10:30-12:00	Seminar	2	C	Relationship between human health and human environment	E. Kolarzyk	ZHID
19 II	Mo	10:30-12:00	Seminar	2	D	Energy (demand and consumption). Proteins, fats and carbohydrates.	J. Zając	
23 II	Fri	12:30-14:00	Seminar	2	A	Environmental hazards in your house – indoor, air and water pollution.	W. Szot	
23 II	Fri	12:30-14:00	Seminar	2	B	Vitamins, trace elements, macro elements	J. Zając	
26 II	Mo	10:30-12:00	Seminar	2	C	Energy (demand and consumption). Proteins, fats and carbohydrates.	J. Zając	ZHID
26 II	Mo	10:30-12:00	Seminar	2	D	Relationship between human health and human environment	E. Kolarzyk	
2 III	Fri	12:30-14:00	Seminar	2	A	Vitamins, trace elements, macro elements	J. Zając	
2 III	Fri	12:30-14:00	Seminar	2	B	Environmental hazards in your house – indoor, air and water pollution.	W. Szot	
5 III	Mo	10:30-12:00	Seminar	2	C	Principles of nutrition assessment. Methods of nutritional status assessment	A. Ostachowska-Gąsior	ZHID
5 III	Mo	10:30-12:00	Seminar	2	D	Vitamins, trace elements, macro elements	J. Zając	

9 III	Fri	12:30-14:00	Seminar	2	A	Relationship between human health and human environment	E. Kolarzyk	
9 III	Fri	12:30-14:00	Seminar	2	B	Energy (demand and consumption). Proteins, fats and carbohydrates.	J. Zając	
12 III	Mo	10:30-12:00	Seminar	2	C	Vitamins, trace elements, macro elements	J. Zając	ZHID
12 III	Mo	10:30-12:00	Seminar	2	D	Principles of nutrition assessment. Methods of nutritional status assessment	A. Ostachowska-Gąsior	
16 III	Fri	12:30-14:00	Seminar	2	A	Energy (demand and consumption). Proteins, fats and carbohydrates.	J. Zając	
16 III	Fri	12:30-14:00	Seminar	2	B	Relationship between human health and human environment	E. Kolarzyk	
19 III	Mo	10:30-12:00	Seminar	2	C	Practice methods evaluating body composition	A. Ostachowska-Gąsior	ZHID
19 III	Mo	10:30-12:00	Seminar	2	D	Physical activity as a part of healthy life style	P. Toboła	
23 III	Fri	12:30-14:00	Seminar	2	A	Principles of nutrition assessment. Methods of nutritional status assessment	A. Ostachowska-Gąsior	
23 III	Fri	12:30-14:00	Seminar	2	B	Guidelines of proper nutrition: diseases & disorders as a consequence of improper nutrition	W. Szot	
6 IV	Fri	12:30-14:00	Seminar	2	A	Guidelines of proper nutrition: diseases & disorders as a consequence of improper nutrition	W. Szot	ZHID
6 IV	Fri	12:30-14:00	Seminar	2	B	Principles of nutrition assessment. Methods of nutritional status assessment	A. Ostachowska-Gąsior	
9 IV	Mo	10:30-12:00	Seminar	2	C	24-hour recall, analysis of 24-hour recall – working with computer programs	A. Ostachowska-Gąsior & J. Zając	ZHID
9 IV	Mo	10:30-12:00	Seminar	2	D	Environmental hazards in your house – indoor, air and water pollution.	W. Szot	
13 IV	Fri	12:30-14:00	Seminar	2	A	Practice methods evaluating body composition	A. Ostachowska-Gąsior	
13 IV	Fri	12:30-14:00	Seminar	2	B	Environment pollution and health	J. Zając	
16 IV	Mo	10:30-12:00	Seminar	2	C	Environmental hazards in your house – indoor, air and water pollution.	W. Szot	ZHID
16 IV	Mo	10:30-12:00	Seminar	2	D	Practice methods evaluating body composition	A. Ostachowska-Gąsior	
20 IV	Fri	12:30-14:00	Seminar	2	A	Environment pollution and health	J. Zając	
20 IV	Fri	12:30-14:00	Seminar	2	B	Practice methods evaluating body composition	A. Ostachowska-Gąsior	
23 IV	Mo	10:30-12:00	Seminar	2	C	Primary and secondary prevention in civilization diseases	W. Szot	ZHID
23 IV	Mo	10:30-12:00	Seminar	2	D	24-hour recall, analysis of 24-hour recall – working	A. Ostachowska	

						with computer programs	-Gašior & J. Zajac	
27 IV	Fri	12:30-14:00	Seminar	2	A	24-hour recall, analysis of 24-hour recall – working with computer programs	A. Ostachowska -Gašior & J. Zajac	
27 IV	Fri	12:30-14:00	Seminar	2	B	Physical activity as a part of healthy life style	P. Toboła	
7 V	Mo	10:30-12:00	Seminar	2	C	Dietary treatment in obesity	A. Ostachowska -Gašior	ZHID
7 V	Mo	10:30-12:00	Seminar	2	D	Primary and secondary prevention in civilization diseases	W. Szot	
11 V	Fri	12:30-14:00	Seminar	2	A	Physical activity as a part of healthy life style	P. Toboła	
11 V	Fri	12:30-14:00	Seminar	2	B	24-hour recall, analysis of 24-hour recall – working with computer programs	A. Ostachowska -Gašior & J. Zajac	
14 V	Mo	10:30-12:00	Seminar	2	C	Physical activity as a part of healthy life style	P. Toboła	ZHID
14 V	Mo	10:30-12:00	Seminar	2	D	Environment pollution and health	J. Zajac	
18 V	Fri	12:30-14:00	Seminar	2	A	Primary and secondary prevention in civilization diseases	W. Szot	
18 V	Fri	12:30-14:00	Seminar	2	B	Dietary treatment in obesity	A. Ostachowska -Gašior	
21 V	Mo	10:30-12:00	Seminar	2	C	Environment pollution and health	J. Zajac	ZHID
21 V	Mo	10:30-12:00	Seminar	2	D	Dietary treatment in obesity	A. Ostachowska -Gašior	
25 V	Fri	12:30-14:00	Seminar	2	A	Dietary treatment in obesity	A. Ostachowska -Gašior	
25 V	Fri	12:30-14:00	Seminar	2	B	Primary and secondary prevention in civilization diseases	W. Szot	
28 V	Mo	10:30-12:00	Seminar	2	C	Guidelines of proper nutrition: diseases & disorders as a consequence of improper nutrition	W. Szot	ZHID
28 V	Mo	10:30-12:00	Seminar	1	D	Food additives	J. Zajac	
4 VI	Mo	10:30-12:00	Seminar	1	C	Food additives	J. Zajac	ZHID
4 VI	Mo	10:30-12:00	Seminar	2	D	Guidelines of proper nutrition: diseases & disorders as a consequence of improper nutrition	W. Szot	
8 VI	Fri	12:30-13:15	Seminar	1	A	Food additives	J. Zajac	
8 VI	Fri	13:15-14:00	Seminar	1	B	Food additives	J. Zajac	