**Course Title:** **Hygiene**

**Course Director: Dr hab. Małgorzata Bała**

**Coordinator /contact:** dr Joanna Zając e-mail: [joanna.jankowska@uj.edu.pl](mailto: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: **25**

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: *One absence allowed*

-type of the final exam: 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**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 with computer programs | A. Ostachowska-Gąsior & J. Zając |
| 27 IV | Fri | 12:30-14:00 | Seminar | 2 | A | 24-hour recall, analysis of 24-hour recall – working with computer programs | A. Ostachowska-Gąsior & J. Zając |
| 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-Gąsior | 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-Gąsior & J. Zając |
| 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. Zając |
| 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-Gąsior |
| 21 V | Mo | 10:30-12:00 | Seminar | 2 | C | Environment pollution and health | J. Zając | ZHID |
| 21 V | Mo | 10:30-12:00 | Seminar | 2 | D | Dietary treatment in obesity | A. Ostachowska-Gąsior |
| 25 V | Fri | 12:30-14:00 | Seminar | 2 | A | Dietary treatment in obesity | A. Ostachowska-Gąsior |
| 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. Zając |
| 4 VI | Mo | 10:30-12:00 | Seminar | 1 | C | Food additives | J. Zając | 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. Zając |
| 8 VI | Fri | 13:15-14:00 | Seminar | 1 | B | Food additives | J. Zając |