



Table 2

3.2. Course description

Basic description		
Course coordinator	Ass. Prof. Alen Ružić, MD, Ph. D.	
Course title	Obesity and the metabolic syndrome	
Study programme	Clinical nutrition graduated study	
Course status	Obligatory	
Year	II.	
ECTS credits and teaching	ECTS student 's workload coefficient	3
	Number of hours (L+E+S)	25+10+0

1. COURSE DESCRIPTION		
1.1. Course objectives		
<p>Course objectives include that part of the overall objectives of the study which are focused on obesity and on the related metabolic changes / disturbances in the scope and quality of the acquired knowledge necessary for nutritionist clinical practice: obesity based on evidence; definition and classification of excessive nutrition; pathophysiological basis of obesity; metabolic determinants, their influence and importance to the overall health status and long-term outcomes; therapeutic intractability of obesity - causes; models of successful therapeutic approach to obesity; real therapeutic and preventive potential of physical activity; nutrition in obesity and metabolic syndrome - a critical approach to food, overall and individually tailored diet reduction programs</p>		
1.2. Course enrolment requirements: Passed exam test from subject Ethics in Healthcare		
No enrolment requirements.		
1.3. Expected course learning outcomes		
<p>Students will be able to:</p> <ul style="list-style-type: none"> - specify key epidemiologic, etiologic and clinical determinants of excessive nutritional and metabolic syndrome - set aside the causes of therapeutic resistance and describe all relevant elements of an effective approach in the treatment and prevention of obesity based on evidence - assess individual health risk of each patient by using science-based tools, and estimate the expected clinical course and the possibility of therapeutic effect by changing habits - calculate individual energy requirements and establish a comprehensive personal plan for correction of nutritional status - specify, connect and apply the knowledge in the field of knowledge of foods, and in accordance with them to create individually tailored eating plan nutritional status of patients with excessive and / or metabolic syndrome 		
1.4. Course content		
-		
1.5. Teaching methods	<input checked="" type="checkbox"/> lectures <input checked="" type="checkbox"/> seminars and workshops <input type="checkbox"/> exercises <input type="checkbox"/> long distance education <input type="checkbox"/> fieldwork	<input type="checkbox"/> individual assignment <input type="checkbox"/> multimedia and network <input type="checkbox"/> laboratories <input type="checkbox"/> mentorship <input type="checkbox"/> other
1.6. Comments		



1.7. Student's obligations

Excessive nutritional status and metabolic syndrome - definition and clinical guidelines. The degree and type of obesity, causes of and progression, epidemiological determinants and clinical impact. General pathophysiology of obesity, specific types - secondary forms of obesity. Obesity in the secondary prevention of cardiovascular disease. Models of feeding in obesity. Energetic basis of obesity and weight loss. Calculation, formation and implementation of individual weight loss diet. Critical access to food in excessive nutrition. Physical activity and obesity. Psychological aspects of obesity. An interdisciplinary therapeutic approach - a real need. Fix diets - general principles and case study. Lifestyle changes - is there an alternative? Medical and surgical treatment of obesity. Maintaining adequate nutritional status - the perspective of long-term monitoring. Obesity – myths, presumptions and facts.

1.8. Evaluation of student's work

Course attendance	5 %	Activity/Participation	10 %	Seminar paper		Experimental work	
Written exam	10 %	Oral exam	20 %	Essay		Research	
Project		Sustained knowledge check	55 %	Report		Practice	
Portfolio							

1.9. Assessment and evaluation of student's work during the course and on the examination:

Student assessment is carried out according to the legislation of the Studies of the University of Rijeka (approved by the Senate), and the Regulations on assessing students at the Medical Faculty in Rijeka (adopted by the Faculty Council, the Faculty of Medicine in Rijeka).

Work on the student is evaluated and assessed during the semester and the final exam. The total success rate of students during class makes up 70% of the grade, and the final exam 30% marks. During the course is evaluated: a) the acquired knowledge, b) class participation, c) independent work, d) attendance.

1.10. Basic reading (at the time of proposing study programme)

1. Katz DL. Nutrition in Clinical Practice. Lippincot W, Philadelphia, 2008.
2. Vrhovac B. i sur. Interna medicina. Naklada Ljevak, Zagreb, 2008.
3. Pokrajac-Bulian A, ur. Pretilost – spremnost za promjenu načina življenja, Udžbenik Sveučilišta u Rijeci, Jastrebarsko: Naklada Slap, 2011.

1.11. Optional / additional reading (at the time of proposing study programme)

1. Ružić A, Ružić T. Menadžment pretilosti – primjer suvremenog upravljanja u zdravstvu. U: Balen S, ur. Priručnik Menadžment u zdravstvu. Osijek; Medicinski fakultet Osijek i Medicinski fakultet Rijeka, 2012; 123-33.
2. The Fifth Joint Task Force of the European Society of Cardiology and Other Societies on Cardiovascular Disease Prevention in Clinical Practice. European Guidelines on cardiovascular disease prevention in clinical practice (version 2012). Eur Heart J 2012;33:1635-701.
3. Diet, nutrition and prevention of chronic disease. Report of a Joint WHO / FAO Expert Consultation. WHO, Geneve, 2003.
4. Casazza K. et al. Myths, Presumptions, and Facts about Obesity. N Engl J Med. 2013; 368: 446-54.

1.12. Number of assigned reading copies with regard to the number of students currently attending the course

Title	Number of copies	Number of students
Nutrition in Clinical Practice	2	
Interna medicina	10	
Pretilost – spremnost za promjenu načina življenja	5	

1.13. Quality monitoring methods which ensure acquirement of output knowledge, skills and competences

1. Implementation of the student survey and evaluation data: at the end of the course committee for the administration and improvement of the quality of the student conducts a survey on the quality of the teaching process and teachers who participated in the teaching of this subject more than 30%.
2. Analysis of the results achieved in tests.
3. The Mentor system. Each group of students was his mentor that controls and monitors the work of individual students.



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