



Table 2

3.2. Course description

Basic description		
Course coordinator	Prof.dr.sc Gordana Rubeša	
Course title	Obesity	
Study programme	Nursing – Mental health	
Course status	elective	
Year	II	
ECTS credits and teaching	ECTS student 's workload coefficient	1,5
	Number of hours (L+E+S)	25 (5+10+10)

1. COURSE DESCRIPTION

1.1. Course objectives

This course should provide, through multidisciplinary approach, insight into causes, clinical properties and treatment of obesity, which represents ever growing public health problem. The goal of this course is to acquire through group work latest data on ethiology of obesity, to gain thorough knowledge on clinical features and consequences of obesity, and to evaluate the possibilities of treatment. Clinical practice and numerous research confirm the relationship between obesity and many different diseases of a number of organ systems. All those diseases do not only significantly reduce the quality of life, but also strongly contribute to general morbidity and mortality. In spite of that, the data on ethiology, pathogenesis and particularly on efficient therapy of this disease are insufficient. The tasks of the course are to be realised by the use of internet search of international publications and data processing. The planned outcome for each small group is the presentation of the research outcome for assigned topic (ethiology of obesity; epidemiology of obesity; obesity and cardiovascular diseases; obesity and mental diseases; obesity and locomotor diseases; treatment of obesity). All the students should acquire knowledge of key data presented by each small group.

1.2. Course enrolment requirements

None

1.3. Expected course learning outcomes

Development of general and specific skills

General: Team and group work; The use of informatic technologies; Development of communication skills, including use of foreign language; Creative thinking; Problem-solving and conclusions making capabilities

Specific: diagnosis of obesity; ethiology of obesity; clinical features of obesity; consequences of obesity; treatment options for obesity

1.4. Course content

At the beginning of the course students will be divided into small groups (the number of small groups depends on the number of students enrolled in the course). Each small group will be assigned a research task, namely, internet follow up of international publications (such as: ethiology of obesity; epidemiology of obesity; obesity and endocrine diseases; obesity and cardiovascular diseases; obesity and mental diseases; obesity and locomotor diseases; treatment of obesity; the foreseen time is 6-8 hrs). The course is continued through 6 hours of lectures that should present current knowledge regarding obesity (epidemiology; risk factor in the development of cardiovascular, endocrine and malignant diseases, diseases of locomotor system. Ethiology of obesity – physiology of hunger and satiation; genetic, developmental, psychological, social and cultural factors. Psychiatric comorbidity and obesity – involvement in depressive syndrom, anxiety disorders, obesity within eating disorders and impulse control disorders; obesity as the basis for development of other



eating disorders. Therapeutic approaches – diets and exercises; pharmacotherapy; psychotherapy, with special emphasis on cognitive-behavioral therapy; surgical treatment of obesity). The lectures are followed by 10 seminars, where students present and critically analyze the outcome of their literature research; at the last seminar, selected students present the conclusions of the respective small groups. Each small group defines 10 – 20 questions that represent facts deemed indispensable for every student attending this course.

1.5. *Teaching methods*

X lectures
X seminars and workshops
X exercises
 long distance education
 fieldwork

individual assignment
X multimedia and network
 laboratories
X mentorship
 other

1.6. *Comments*

1.7. *Student's obligations*

1.8. *Evaluation of student's work*

Course attendance	10%	Activity/Participation	10%	Seminar paper	30%	Experimental work	
Written exam	15%	Oral exam	15%	Essay		Research	
Project		Sustained knowledge check		Report		Practice	
Portfolio							

1.9. *Assessment and evaluation of student's work during classes and on final exam*

Evaluation would be performed according the Rules on studies of University of Rijeka and the Faculty of medicine . In this system, the overall students' outcome is made up 70% of their achievement during the course itself and 30% of the success in the final exam.

1.10. *Assigned reading (at the time of the submission of study programme proposal)*

TA Wadden, AJ Stunkard: Handbook of Obesity Treatment

CG Fairburn, KD. Brownell: Eating Disorders and Obesity, Second Edition : A Comprehensive Handbook

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

All the international publications available via internet

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

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

- 1. Conducting student surveys and evaluation of results.** At the end of each course student surveys will be conducted to evaluate the quality of teaching and teachers who participate in the delivery of a specific course with more than 30%. Evaluation procedures are systematically carried out by Teaching Quality Assurance Committee at our Faculty.
- 2. Analysis of the results achieved at exams.** Exams will be carried out through *multiple choice* tests after which the quality of the test itself will be evaluated, i.e. the quality of test questions, and the questions that were unanswered by most of the students will be analysed.
- 3. The mentor system.** Each student group is assigned a mentor who follows the students throughout the course.