Course title:	Phytotherapy in dietary management
Course title in Polish:	Fitoterapia w postępowaniu dietetycznym
Course for discipline:	Nutrition and food technology

Semester:	7	**Status of course:**	faculty	**Language:**	English
Academic year:		**Catalog number:**			

Coordinator of course:	Dr. Michał Oczkowski, PhD
Lecturer od course:	Employees of the Department Dietetics, Institute of Human Nutrition Sciences
Executing unit:	Department of Dietetics, Institute of Human Nutrition Sciences
Ordering unit:	Doctoral School SGGW
Assumptions, goals and description of the course:	The aim of this class is to present the current knowledge on the potential use of medicinal plants in the prophylaxis and management of some diet-related diseses. The topics: general characteristics of medicinal (herbal) plants used in dietetics and their potential use in therapy for various gastrointestinal diseases, such as obesity, insulin resistance, type 2 diabetes, and dyslipidemia; Critical analysis of scientific studies, such as meta-analyses, RCTs, and case-studies; The mechanisms of action of compounds contained in herbal plants in disease prevention, based on in vitro and in vivo models; safety of medicinal plants taking into consideration different population groups
Didactic form, number of hours:	classes, 10h
Teaching methods:	PPT presentations, discussions and reports
Limit of people in the group:	no limit

Learning outcomes

KNOWLEDGE - the graduate knows and understands:	**SKILLS - the graduate is able to:**	**COMPETENCES - the graduate is ready to:**
To the extent enabling to revise the existing pradigms in the field/discipline - the world achievments, gathering theoretical background as well as general and selected detailed issues	Carry out critical assessment of the scientific research findings and expert activities and their contribution to the knowledge development in the field/discipline	Critically evaluate the achievments in the field/discipline represented
Major general development trends in the field/discipline		Recognise knowledge in solving cognitive and practical problems characteristic for the area of research (field/discipline) and in an interdisciplinary aspect
		Support the ethos of scientific circles and conduct independent research

The method of verification of learning outcomes:	Evaluation of class activities (discussions), evaluation of the reports (analysis of scientific studies (meta-analyses, case-control studies, case studies) on the use of different herbal plants in the prevention and treatment of diet-related diseases, the safety of the use of medicinal plants taking into account different population groups).
Form of documentation of achieved learning outcomes:	grade protocols, reports
Elements and weights of the final grade:	reports (100%)
Place of the course:	Student Hall

Basic and supplementary literature

1. Scientific publications related to the topics of the course provided by the academic teacher.
2. Varela A., Ibañez, J.: Medicinal plants : Classification, biosynthesis and pharmacology. Biotechnology in Agriculture, Industry and Medicine, 2009: http://ebookcentral.proquest.com.
3. Bone K., Mills S.: Principles and Practice of Phytotherapy. Modern Herbal Medicine. Elsevier, Edinburgh London New York Oxford Philadelphia St Louis Sydney Toronto 2013.
4. Ramzan I.: Phytotherapies, efficacy, safety, and regulation. Wiley, 2015.
5. Colalto C.: What phytotherapy needs: Evidence-based guidelines for better clinical practice. Phytotherapy Research. 2018; 32:413–425.

Comments:	-

Estimated number of hours of work of the doctoral student necessary to achieve the assumed learning outcomes:	20h

Leraning outcomes reference to the second degree characteristics of the National Qualification Framework (level 8) covering doctoral competences:

Symbol:	**Learning outcomes:**	**8 level NQF**
SD1_KW01	To the extent enabling to revise the existing pradigms in the field/discipline - the world achievments, gathering theoretical background as well as general and selected detailed issues	P8S_WG
SD1_KW02	Major general development trends in the field/discipline	P8S_WG
SD1_KU05	Carry out critical assessment of the scientific research findings and expert activities and their contribution to the knowledge development in the field/discipline	P8S_UW
SD1_KK01	Critically evaluate the achievments in the field/discipline represented	P8S_KK
SD1_KK03	Recognise knowledge in solving cognitive and practical problems characteristic for the area of research (field/discipline) and in an interdisciplinary aspect	P8S_KK

SD1_KK08	Support the ethos of scientific circles and conduct independent research	P8S_KR