SYLLABUS

1. Course title:

THE SCIENCE OF NUTRITION

2. Code:

3. Cycle of study:

1

4. ECTS credits:

3

5. Type of course:

○ Mandatory ◉ Elective

6. Prerequisites:

None

7. Class restrictions:

None

8. Duration / semester:

1 1

9. Weekly contact hours:

9.1. Lectures: 2

9.2. Seminars: 0

9.3. Laboratory/Practice classes: 0

10. Faculty:

Faculty of Pharmacy

11. Department/study program:

Pharmacy (integrated first and second cycle of study)

12. Lecturer:

dr.sc. Midhat Jašić, full professor

13. Lecturer's e-mail:

midhat.jasic@untz.ba

14. Web site:

www.frmf.untz.ba

15. Course aims:

Introduction to the subject. Nutrients and nutrition. Chemical composition of food. The human body, food, and energy, nutrients. Proteins and amino acids. Carbohydrates. Lipids. Hydrosoluble and liposoluble vitamins. Water and minerals. Other food ingredients: alcohol, alkaloids, glycosides, phytosterol, and pigments. Additives. Types of food. Complementary nutrition, functional food, and nutritional supplements. Metabolism of nutrients - basics. Nutritional guides, recommendations, and standards. Energy balance and weight management. Food hypersensitivity and eating disorders. Life cycles and nutrition.

16. Learning outcomes:

The aim of the course is to acquire knowledge and create an idea based on facts about the chemical composition of food and proper nutrition. During the course, students will acquire the knowledge, related to the role of food in the body, nutrition principles, dietary recommendations and standards, and essential food components. At the end of the course, successful students, who have continuously performed their duties during the entire teaching period, will be able to advise healthy people on proper nutrition.

17. Course content:

Nutrients and nutrition
Chemical composition of food
The human body, food, energy, and nutrients
Proteins and amino acids
Carbohydrates
Lipids
Hydrosoluble and liposoluble vitamins
Water and minerals
Other food ingredients; alcohol, alkaloids, glycosides, phytosterols, pigments
Types of food
Complementary nutrition, functional food, and nutritional supplements
Metabolism of nutrients - basics
Nutritional guidelines and standards
Energy balance and weight management
Food sensitivities and eating disorders
Life cycles and nutrition

Course evaluation

18. Learning methods:

Lectures, seminar papers and consultations.

19. Assessment methods:

During the course, student's level of knowledge, as well as their activities, will be monitored. Students' work is evaluated continuously during the semester by permanently monitoring the overall work and knowledge of students in all forms of teaching. The knowledge evaluation is tested in written and oral form. The written part of the exam is in the form of a test combined with tasks and written answers. After attended fifteen hours of the lectures, the student takes tests 1 and 2. The final exam consists of an oral answering and a seminar as an individual project. The final exam consists of two questions from the list published in advance. The student chooses questions randomly. The seminar is conducted according to the pre-prescribed seminar defense procedure. For students who have passed tests 1 and 2 + the final exam, the subject teacher enters the grade in the index after completing all obligations (signature of the subject teacher in the index). The condition for signing is that you have fulfilled your obligations to attend classes in accordance with the rules of the University. Students who did not pass the test (1 + 2 + final exam) can take make-up exams, if they have completed all the obligations in the course (they have the subject teacher's signature in the index). First, a written exam is taken, if the student has not already successfully passed the exam during continuous knowledge testing. The passed part of the written exam will be acknowledged at the next exam dates during the same school year.Notification of the results of the exam tasks is via the usual notice board. Test results can be sent by e-mail or verbally announced to students during the time set for consultations. The results of written exams are kept until November 1 of the following school year.

20. Assessment components:

Assessment is done by assigning points for each form of activity and checking knowledge and skills during the semester. In the structure of the total number of points, 60% of the points are provided for the activities and knowledge tests during the semester. The final exam is evaluated in the grading structure with 40% points.
< 55 points = 5 (five)
55-64 points = 6 (six)
65-74 points = 7 (seven)
75-84 points = 8 (eight)
85-94 points = 9 (nine)
95-100 points = 10 (ten)

21. Required reading list:

Dietary reference intake for energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein, and aminoacids (macronutrients), Food and Nutrition Board, Institute of Medicine, National Academic Press, Washington DC. (2005).

22. Web sources:

http://www.nap.edu/openbook.php?isbn=0309085373.
http://www.hsph.harvard.edu/nutritionsource/nutrition-news/dietary-guidelines-for-americans-2010/

23. Applicable starting from the academic year:

2018/2019.

24. Adopted in the Faculty/Academy session:

17.11.2025.