



Univerza v Mariboru

Medicinska fakulteta

UČNI NAČRT PREDMETA / COURSE SYLLABUS

Ime predmeta:	Nutriceutiki in sodobni trendi v prehrani							
Course title:	Nutraceuticals and New Trends in Nutrition							
Študijski program in stopnja Study programme and cycle	Študijska smer Study option			Letnik Year of study	Semester Semester			
Biomedicinska tehnologija/3. stopnja				2	3 ali 4			
Biomedical Technology/3rd Degree								
Vrsta predmeta (obvezni ali izbirni) / Course type (compulsory or elective)				Izbirni Elective				
Univerzitetna koda predmeta / University course code:								
Predavanja Lectures	Seminar Seminar	Vaje Tutorial			Klinične vaje Clinical training	Druge oblike študija Other forms of study	Samost. delo Individual work	ECTS
15	30	AV	LV	RV			135	6
Nosilec predmeta / Course coordinator:				Prof. dr. Dušanka Mičetić-Turk				
Jeziki /Languages:		Predavanja / Lectures:		Slovenščina/Slovene				
		Vaje / Tutorial:						
Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:				Prerequisites for enrolling in the course or for performing study obligations:				
Vsebina (kratek pregled učnega načrta):				Content (syllabus outline):				
Vrste prehrane: uravnotežena, varna, varovalna, priporočena, alternativna prehrana, klinična prehrana (enteralna in parenteralna). Nutriceutiki Vitamins Elementi v sledovih Deficitarna stanja Raziskave na področju prehrane Prehrana kot dejavnik tveganja pri nastanku bolezni. Dodatki v prehrani. Aditivi in kontaminanti hrane. Hranilne in energijske potrebe človeka. Ocena stanja prehrane in prehranjenosti prebivalcev (ocena prehranskega statusa). Planiranje prehrane v zdravju posebno ogroženih skupin prebivalcev. Prehrana in promocija zdravja.				Type of nutrition: balanced, safe, recommended, alternative nutrition, clinical nutrition (enteral and parenteral nutrition) Nutraceuticals Vitamins Elements in traces Deficit status Research on the nutrition area Nutrition as risk factor at disease origin Nutrition additives Additives and contaminants in nutrition Nutrition and energy needs Nutrition state and nourishment evaluation (evaluation of nutrition status) Planning the nutrition of health threatened people Nutrition and health promotion Nutrition habits and bad habits				

<p>Prehrambene navade in razvade ljudi.</p> <p>Prehrana postaja v sodobnem svetu vedno bolj pomembna veja znanosti, ker prodira med najbolj komplicirane mehanizme našega življenja in počutja. Pestra prehrana sodi v posebno obliko sodobne in zdrave prehrane, ker je pri taki prehrani tudi najmanj mogoče, da pride do pomanjkanja posameznih življenjsko pomembnih hranil.</p> <p>Nutraceutiki kot izjemno pomembne komponente hrane imajo vlogo v vseh presnovnih mehanizmih tako v zdravju kot tudi v bolezni.</p>	<p>In modern world the nutrition is becoming very important branch of sciences. It penetrates in most complicated mechanisms of our lives. Variety of nutrition is a special part of kind of modern and healthy nutrition, because with this kind of nutrition lack of life important substance is not possible.</p> <p>Nutraceuticals as extremely important food components play a role in all metabolic mechanisms both in health and disease.</p>
<p>Temeljni literatura in viri / Reading materials:</p>	
<ul style="list-style-type: none"> – Shi J. Functional Food Ingredients and Nutraceuticals. CRC Press, Boca Raton, 2016. – Wallace TC. Dietary supplements in health promotion. CRC Press, Boca Raton, 2015. – Hendler Sheldon, Rorvik David: Nutritional supplements, PDR Network, New York, 2008 – Gibson G. R., Williams C. M. (eds.): Functional Foods, William Andrew Publishing, Noyes, London, 2000. – Jason O'Neale Roach. Metabolism and nutrition, London, Elsevier Science: Mosby, 2003 – Victor R Preedy, George Grimble, Ronald Watson. Nutrition in the infant: problems and practical procedures, London: Greenwich Medical Media, 2001 – Cataldo, Corinne Balog. Nutrition and diet therapy: principles and practice, Belmont, CA: Wadsworth/Thomson Learning, 2003 	
<p>Cilji in kompetence:</p> <p>Poznavanje pomena nutraceutikov v prehrani in njihove vloge v medicini.</p> <p>Študent zna definirati in klasificirati posamezne nutraceutike ter opredeliti njihovo vlogo v presnovi in antioksidantni zaščiti organizma.</p> <p>Študent zna svetovati posamezne prehranske suplemente glede na posamezne indikacije in potrebe.</p>	<p>Objectives and competences:</p> <p>Understanding the importance of nutraceuticals in medicine and their role in medicine.</p> <p>The student can define and classify individual nutraceuticals and define their role in metabolism and antioxidant protection of the organism.</p> <p>The student can advise individual dietary supplements according to individual indications and needs.</p>
<p>Predvideni študijski rezultati:</p>	<p>Intended learning outcomes:</p>
<p>Znanje in razumevanje:</p> <p>Vpliv in učinek hrane na človekovo zdravje in bolezni.</p>	<p>Knowledge and understanding:</p> <p>Food influence and effect to human health and human disease.</p>
<p>Prenosljive/ključne spretnosti in drugi atributi:</p> <p>Cilj predmeta je pridobiti vpogled v nutraceutike, funkcionalno hrano in prehranska dopolnila in razumeti njihov način delovanja.</p> <p>Znati indikacije za njihovo uporabo in delovanje ter učinke na zdravje. Znati svetovati posamezna prehranska dopolnila za preprečevanje in njihovo uporabo pri zdravljenju različnih bolezni.</p>	<p>Transferable/key competences and other abilities:</p> <p>The aim of the subject is to gain an insight into nutraceuticals, functional foods and nutritional supplements and understand their way of action. To know the indications for their use and performance and effects on health.</p> <p>To know which supplements to advise as individual dietary supplements for prevention and treatment in various diseases.</p>

Metode poučevanja in učenja:		Learning and teaching methods:
Predavanja Seminarji Samostojno delo		Lectures Seminars Individual work
Načini ocenjevanja:	Delež (v %) / Share (in %)	Assessment methods:
Način (pisni izpit, ustno izpraševanje, naloge, projekt)		Method (written or oral exam, coursework, project):
Pisni izpit	30 %	Written examination
Ustno izpraševanje	40 %	Oral examination
Seminarske naloge	30 %	Seminary work
Reference nosilca / Course coordinator's references:		
<p>ŠIKIĆ POGAČAR, Maja, VLAISAVLJEVIĆ, Veljko, TURK, Eva, MIČETIĆ-TURK, Dušanka. Reproductive complications in celiac disease patients in Slovenia. <i>European Journal of Obstetrics & Gynecology and Reproductive Biology</i>, ISSN 1872-7654. [Online ed.], July 2019, vol. 238, str. 90-94. https://www.sciencedirect.com/science/article/pii/S0301211519302349?via%3Dihub, doi: /10.1016/j.ejogrb.2019.05.015. [COBISS.SI-ID 512898616], [JCR, SNIP, WoS do 27. 7. 2019: št. citatov (TC): 0, čistih citatov (CI): 0, čistih citatov na avtorja (CIAu): 0, Scopus do 18. 3. 2021: št. citatov (TC): 1, čistih citatov (CI): 1, čistih citatov na avtorja (CIAu): 0.25] kategorija: 1A3 (Z); uvrstitev: SCI, Scopus, MBP; tip dela je verificiral OSICM točke: 18.07, št. avtorjev: 4</p> <p>GREGORIČ KUMPERŠČAK, Hojka, GRIČAR, Alja, ÜLEN, Ina, MIČETIĆ-TURK, Dušanka. A pilot randomized control trial with the probiotic strain <i>Lactobacillus rhamnosus</i> GG (LGG) in ADHD : children and adolescents report better health-related quality of life. <i>Frontiers in psychiatry</i>, ISSN 1664-0640, 17. Mar. 2020, vol. 11, str. 1-9. https://www.frontiersin.org/articles/10.3389/fpsy.2020.00181/full, https://doi.org/10.3389/fpsy.2020.00181, doi: 10.3389/fpsy.2020.00181. [COBISS.SI-ID 6963519], [JCR, SNIP, WoS do 25. 4. 2020: št. citatov (TC): 0, čistih citatov (CI): 0, čistih citatov na avtorja (CIAu): 0, Scopus do 22. 9. 2020: št. citatov (TC): 0, čistih citatov (CI): 0, čistih citatov na avtorja (CIAu): 0] kategorija: 1A2 (Z, A¹, A1/2); uvrstitev: SSCI, SCI, Scopus, MBP; tip dela je verificiral OSICD točke: 23.99, št. avtorjev: 4</p> <p>DOLINŠEK, Jernej, RIŽNIK, Petra, SABATH, Larisa, MIČETIĆ-TURK, Dušanka. Fecal calprotectin as a marker of the severity of mucosal inflammation in children with inflammatory bowel disease. <i>Wiener klinische Wochenschrift</i>, ISSN 1613-7671. [Online ed.], 2016, vol. 128, issue 7, str. 253-259, ilustr. http://rd.springer.com/article/10.1007%2Fs00508-015-0915-3, doi: 10.1007/s00508-015-0915-3. [COBISS.SI-ID 5589823], [JCR, SNIP, WoS do 2. 4. 2018: št. citatov (TC): 2, čistih citatov (CI): 2, čistih citatov na avtorja (CIAu): 0.50, Scopus do 30. 11. 2018: št. citatov (TC): 2, čistih citatov (CI): 2, čistih citatov na avtorja (CIAu): 0.50] kategorija: 1A3 (Z); uvrstitev: SCI, Scopus, MBP; tip dela je verificiral OSICM točke: 17.51, št. avtorjev: 4</p>		