

**MINISTRY
OF EDUCATION AND SCIENCE OF KYRGYZ REPUBLIC
OSH STATE UNIVERSITY
INTERNATIONAL MEDICAL FACULTY
DEPARTMENT OF "CLINICAL DISCIPLINES 1"**

**TRAINING PROGRAM OF STUDENTS
(SYLLABUS)**

Specialty	General medicine	Course Code	“560001”
language of instruction	English	Discipline	Dietology and Nutrition
academic year	2025-2026	The number of credits	2
instructor	Ergesheva A.B.	Semester	VI
E-Mail	e.aizirek95@gmail.com	schedule on “OshSU student”	https://myedu.oshsu.kg/
consultation (time/ auditorium)	IMF 2 (08:00-17:00/303)	Location (build/audit)	IMF 2. 303
Form of education (full-time/part-time/evening/distant)	full-time	Type of course:	<i>Basic</i>

Osh – 2025

Purpose of the discipline « Nutrition and dietetics »

to provide students with a thorough understanding of the role of nutrition in health and disease. This includes equipping them with the knowledge and skills needed to assess nutritional needs, diagnose nutrition-related issues, and design, implement, and monitor dietary interventions aimed at preventing and managing a wide range of health conditions, to promote optimal health and improve patient outcomes through evidence-based nutritional care.

Prerequisites	Normal anatomy, Pathological anatomy , Physiology, Pharmacology, Internal Medicine 1,2,3Surgical disease 1,2,3 Pediatrics 1,2,3	
Post requisites	Family medicine, Oncology, Clinical Pharmacology	
learning outcomes		
In the course of mastering the discipline, the student will achieve the following:		
Code of the results of the general education curriculum and its formulation	Learning outcome of course and its code	Code and formulation of competencies
LO-7 able to apply basic knowledge in the field of diagnostic activities to solve professional tasks.	LOc- 1: able and ready to analyze the data of history, physical examination, the results of laboratory-instrumental examination, and fill out a medical card of an ambulatory and stationary patient	PC -8 able to carry out preventive activities with the population attached to prevent the occurrence of the most frequent diseases, implement general health measures to form a healthy lifestyle taking into account risk factors, Provide advice on healthy eating;
LO-8 able to apply basic knowledge in the field of therapeutic activity to solve professional tasks	LOc-2: be able to perform basic therapeutic measures in the adult population and be able to implement fundamental knowledge (anatomical, topographical and histophysiological rationale) and the basics of physical examination.	PC-15 - able to assign patients adequately treated in accordance with the diagnosis;
LO-10 Possesses management skills in the healthcare system, maintains accounting and reporting documentation, and analyzes statistical data.	LOc-3: able and ready to, determine the indications and contraindications non-pharmacological treatment	PC-20- able to give recommendations on the choice of regime, determine the indications and contraindications for the administration of therapeutic physical culture, physiotherapy, non-pharmacological means of therapy, use of the main resort factors in the treatment of adults and children;

4. Technological Map of the Discipline

Chart of Collection Points

<i>discipline</i>	<i>credit</i>	<i>In-class hours</i>	<i>ISW</i>	<i>module(50 marks)</i>			<i>exam(50 marks)</i>	
Nutrition and dietetics		40%	60%	<i>In-class hours</i>		<i>ISW/IWAWT</i>	<i>SC (r)</i>	<i>Final exam (E)</i>
				<i>Lec.</i>	<i>Prac.</i>			
	2	24	36	10	14	30/6		
<i>Cumulative Points Chart</i>				8	8	8	18	
<i>Module and Exam Results</i>				<i>(M=tc_p. +r+s) do 50/ 50</i>				50
				<i>Rdon. = MI (30-50)</i>				
<i>Final Grade</i>				<i>I = Rdon. + E</i>				100

5. Calendar thematic plan

<i>Nº</i>	<i>week</i>	<i>topic title</i>	<i>Hours</i>		<i>Points</i>
			<i>Lecturer</i>	<i>practical</i>	
		Module			
1.	1	Nutrition and Diet. Basics for Health and Illness. Essential Roles of Food. Providing Energy for the Body's Needs. https://youtu.be/Evji_ebWZQU?si=A2SQ6FM_ReztJg-7	2		4
		Basics of Nutrition https://youtu.be/cKRf53I737E?si=cPxdJXM8pzJWpO_W		2	
2.	2	Acute and Chronic Inflammatory Lung Diseases and dietary Strategies. Nutrition in Bronchial Asthma and Allergic diseases. https://youtu.be/gZ9F3fqURAO?si=7yRMIfi	2		4

		ADSSPRWhf			
		Principles of Healthy Diet Planning. Psychology of eating and emotional hunger https://youtu.be/xyQY8a-ng6g?si=y9PIjKhLmXSKGwuW		2	
3.	3	Nutrition in cardiovascular diseases. https://youtu.be/AuOaIR1QFOI?si=mlgbcXv0BqM-R-Lv	2		4
		Nutrition in Respiratory system diseases. https://youtu.be/vTO7cq9YnuY?si=rV8BMgoCuUWobihl		2	
4.	4	Nutrition in gastrointestinal diseases https://youtu.be/glkinLEPpSQ?si=BHTCDA8XS6qs-Clb		2	4
		Nutrition in cardiovascular diseases. https://youtu.be/AuOaIR1QFOI?si=mlgbcXv0BqM-R-Lv			
5.	5	Nutrition in endocrine diseases and metabolic disorders. https://youtu.be/OygdLSdnzfg?si=qbKUqoGeWCPQZdmq	2	2	4
		Nutrition in gastrointestinal diseases. https://youtu.be/glkinLEPpSQ?si=BHTCDA8XS6qs-Clb			
6.	6	Nutrition in Kidney diseases. https://youtu.be/3HX41vym40o?si=xTr-1EjEMO0_2sfS		2	4
7.	7	Nutrition in endocrine diseases and metabolic disorders. Nutrition for T2DM. Nutrition for weight management https://youtu.be/6mJeGoFsZP8?si=IRBibDeWGGOVxi7m		2	
	7week	Module			

Total:	10h	14h	4point
---------------	------------	------------	---------------

Plan of organization ISW

Nº	Topic	Task for ISW	Hours	Assessment tools	Marks	Reference&Link	Deadline
1.	Nutrition in Liver diseases. Nutrition in gallbladder diseases and Pancreatic diseases	Creative work	5	T	4	Main 1,2,3,4 Add 1,2,3 https://youtu.be/K85N730guPM?si=5TLRNC6WNV7_9kqy	1-week
2.	Sports nutrition	ppt	5	OS	4	Main 1,2,3,4 Add 1,2,3 https://youtu.be/VRKOlhQqaEI?si=wVR8Vih-SdN-pven	2-week
3.	Effect of the Mediterranean diet on blood pressure	essay	5	T	4	Main 1,2,3,4 Add 1,2,3 https://youtu.be/w13w35E36Vo?si=Oo8fSJ3b9mJyLkxY	3-week
4.	Food diaries and meal planning.	Video presentation	5	T	4	Main 1,2,3,4 Add 1,2,3 https://youtu.be/BS3xyliDNNQ?si=vKncRracRzkFceEP	4-week
5.	Dietary Supplements	Referat	5	OS	4	Main 1,2,3,4 Add 1,2,3 https://youtu.be/q3FcJyictfk?si=2-IwimKQlQqa4QfH	5-week
6.	Balancing Refined and Unrefined Carbohydrates in the Diet.	Lirerature review	5	T	4	Main 1,2,3,4 Add 1,2,3	6-week

						https://youtu.be/kDeQOCLm_P4?si=qGW9IzhGT0pFfoeU	
	Total		30h				

Plan of organization ISW(teacher based) for practical classes

Nº	Topic	Task for ISW	Hours	Assessment tools	Reference	Location (building/room)	Deadline
1	Nutritional Interventions for Elderly	Paper(essay)	2	OS	Main 1,2,3,4 Add 1,2,3 https://youtu.be/ckA9OD-K5is?si=5ruFx3KZn5WnH40	IMF 2 /303	27.09.2025
2	Iron Deficiency Anemia Nutrition Therapy	Video presentation	2	T	Main 1,2,3,4 Add 1,2,3 https://youtu.be/uqPNH1rGnyI?si=sxlCyrINsqg5WOYZ	IMF 2 /303	25.10.2025
	Total		4h				

Plan of organization ISW(teacher based) for lecturer

Nº	Topic	Task for ISW	Hours	Assessment tools	Reference	Location (building/room)	Deadline

1	Nutrition in Cancer prevention and management	T	2	T	Main 1,2,3,4 Add 1,2,3 https://youtu.be/28Z409UnDE?si=YBsBIXkOMXws-MdI	IMF 2 /305	1week
2	Nutrition management in Diabetes.	T	2	T	Main 1,2,3,4 Add 1,2,3 https://youtu.be/AKZBQ94pp8?si=6yt_NltVmYMmcAd	IMF 2 /305	1week
	total		4h				

OS-oral survey, CS-case study, RPG-role-playing game, P-presentation, SGD-small groups discussion, ILID- interpretation of laboratory- instrumental data, T-testing, BS - brainstorming method, CAP - clinical analysis of the patient; APS - assessment of practical skills

The formula used for calculation of the final score is the following.

$$I=R+E$$

I-final grade(score) ,R-admission rating assessment, E-final control(exam)

The admission rating assessment consists of the evaluation of modules.

$$R=M$$

M1,M2-ratings for two modules

The module assessment consists of the total sum of the student's academic achievement scores from ongoing performance monitoring(current control),summary control, and the evaluation of completed assignments for independent work (IW) and independent work under the supervision of a teacher (IWST).

Each rating (module) is calculated using the following formula:

$$M= CC+SC+S$$

Cc-current control, SC-summary control, S-marks for IW(independent work)+IWST(independent work under the supervision of a teacher).

Current control is a system of regular evaluation of students' knowledge and skills during practical classes throughout the module, aimed at monitoring their academic performance and developing competencies within the studied course.

Chart of collection points for Current control (CC)

sum of marks of each class

Number of classes

$$\frac{4 + 4 + 3 + 3 + 2 + 4}{6 \downarrow} = \frac{20}{6} = 3.3$$

Chart of collection points of IWST

sum of marks of IWST

Number of IWST

Top.№1(4m) + Top.№2(4m)

Exsample: IWST = $\frac{\text{Top.№1(4m) + Top.№2(4m)}}{2} = 4 \text{ marks}$

1. Chart of collection points for Module

- 8marks for practical classes,
- 8marks for lecture classes ,
- 8marks for IW,
- 4marks for IWST
- 18 marks for summary control

Exsample: M = Pc(8m)+Lec(8m)+IW(8m)+IWST(8m)+SC(18)=50marks

№	Types of the class	Forms of Student Academic Achievement Assessment				
		Marks				
		Module				
		CC	IW	SC	Modul total	exam

1	Work during practical classes (homework, notes, oral questioning, test, work in small groups, TBL, PBL, CBL case studies, and other types of tasks	8			8	
2	Task for lecture cl	8			8	
3	Tasks for IWSST(independent work under the supervision of a teacher)		8		8	
4	Tasks for independent work		8		8	
5	Summary control(Assessment of Student Academic Achievements)			18	18	
	total	Up to 50				
	Exam				Up to 50	
	Final grade for 6 semester	100(I=R+E)				

Evaluation criteria of IW

<i>Points</i>	<i>2</i> <i>Satisfactorily</i>	<i>3</i> <i>Good</i>	<i>4</i> <i>Excellent</i>
<i>Creating a table for differential dx</i>	<i>More than 30% Plagiarism</i>	<i>Less than 30 % is plagiarism</i>	<i>Your own work</i>
	<i>Table is not organized</i>	<i>Table is organized but</i>	<i>be organized around and related directly to the topic</i>

		<i>not completely</i>	
	<i>Submitted late</i>	<i>One week late</i>	<i>Submitted on time</i>
	<i>Information given partially</i>	<i>Includes all steps of dx with some mistakes</i>	<i>Includes all steps of dx and given answers correctly</i>

Points	2 <i>Satisfactorily</i>	3 <i>Good</i>	4 <i>Excellent</i>
<i>Medical sheet</i>	<i>More than 30% Plagiarism</i>	<i>Less than 30 % is plagiarism</i>	<i>Your own work</i>
	<i>Table is not organized</i>	<i>Table is organized but not completely</i>	<i>be organized around and related directly to the topic</i>
	<i>Submitted late</i>	<i>One week late</i>	<i>Submitted on time</i>
	<i>Information given partially</i>	<i>Includes all steps of dx with some mistakes</i>	<i>Includes all steps of dx and given answers correctly</i>

Points	2 <i>Satisfactorily</i>	3 <i>Good</i>	4 <i>Excellent</i>
<i>PPT presentation</i>	<i>More than 30% Plagiarism</i>	<i>Less than 30 % is plagiarism</i>	<i>Your own work</i>
	<i>Table is not organized</i>	<i>Table is organized but not completely</i>	<i>be organized around and related directly to the topic</i>
	<i>Submitted late</i>	<i>One week late</i>	<i>Submitted on time</i>
	<i>Information given partially</i>	<i>Includes all steps of dx with some mistakes</i>	<i>Includes all steps of dx and given answers correctly</i>

Points	2 <i>Satisfactorily</i>	3 <i>Good</i>	4 <i>Excellent</i>
<i>Literature review</i>	<i>More than 30% Plagiarism</i>	<i>Less than 30 % is plagiarism</i>	<i>Your own work</i>
	<i>Table is not organized</i>	<i>Table is organized but not completely</i>	<i>be organized around and related directly to the topic</i>
	<i>Submitted late</i>	<i>One week late</i>	<i>Submitted on time</i>
	<i>Information given partially</i>	<i>Includes all steps of dx with some mistakes</i>	<i>Includes all steps of dx and given answers correctly</i>

Points	2 <i>Satisfactorily</i>	3 <i>Good</i>	4 <i>Excellent</i>
<i>Creative work</i>	<i>More than 30% Plagiarism</i>	<i>Less than 30 % is plagiarism</i>	<i>Your own work</i>
	<i>Table is not organized</i>	<i>Table is organized but not completely</i>	<i>be organized around and related directly to the topic</i>
	<i>Submitted late</i>	<i>One week late</i>	<i>Submitted on time</i>
	<i>Information given partially</i>	<i>Includes all steps of dx with some mistakes</i>	<i>Includes all steps of dx and given answers correctly</i>

Points	2 <i>Satisfactorily</i>	3 <i>Good</i>	4 <i>Excellent</i>
---------------	--	--------------------------------	-------------------------------------

Case presentation	<i>More than 30% Plagiarism</i>	<i>Less than 30 % is plagiarism</i>	<i>Your own work</i>
	<i>Table is not organized</i>	<i>Table is organized but not completely</i>	<i>be organized around and related directly to the topic</i>
	<i>Submitted late</i>	<i>One week late</i>	<i>Submitted on time</i>
	<i>Information given partially</i>	<i>Includes all steps of dx with some mistakes</i>	<i>Includes all steps of dx and given answers correctly</i>

Course Policy

The student can score points in all types of classes.

Score points for the practical classes:

Total (100 marks):

Module - 50 marks • 8marks for practical classes, • 8marks for lecture classes , • 8marks for IW, • 8marks for IWS • 18 marks for summary control ✓ s Total 50 marks
Final exam –50 marks

Score points for the practical classes:

Student activities	Name of the tasks												
	Oral questioning or proper presentation of material				Testing control or brainstorming				Practical skills(CS,TBL,PBL,CBL, interpretation of medical data e.t.c.)				Total points
	1				1				2				4
	«4»	«3»	«2»	«1»	«4»	«3»	«2»	«1»	«4»	«3»	«2»	«1»	

	<i>1</i>	<i>0.9-0.8</i>	<i>0.7-0.6</i>	<i>Less than 0.5</i>	<i>1</i>	<i>0.9-0.8</i>	<i>0.7-0.6</i>	<i>Less than 0.5</i>	<i>1</i>	<i>0.9-0.8</i>	<i>0.7-0.6</i>	<i>Less than 0.5</i>	
--	----------	----------------	----------------	----------------------	----------	----------------	----------------	----------------------	----------	----------------	----------------	----------------------	--

Assessment of students' knowledge on level tasks

<i>Level</i>	<i>Name tasks</i>	<i>Number of tasks</i>	<i>Maximum points</i>	<i>Score on "5" point system</i>
<i>1-level</i>	<i>Testing control or oral survey</i>	<i>5(0.2 for each correct answer)</i>	<i>1point</i>	<i>«3»</i>
<i>2-level</i>	<i>Analysis, synthesis by visual material</i>	<i>2</i>	<i>1point</i>	<i>«4»</i>
<i>3-level</i>	<i>Evaluation</i>	<i>2</i>	<i>2point</i>	<i>«5»</i>

Score points for the lecture

Student activities	Tests for the lectures				Total points
	10 tests				
	Correct answer				4
	"5" 4 (100%)	"4" 3(80)	"3" 2 (70%)	"2" 1(Less than 60%)	

Score points for summary control

<i>Level</i>	<i>Name tasks</i>	<i>Number of tasks</i>	<i>Maximum points</i>
<i>1-level</i>	<i>Testing control</i>	<i>10</i>	<i>4marks</i>
<i>2-level</i>	<i>Interpretation of instrumental or laboratory data(includes 2 question)</i>	<i>1</i>	<i>6 marks</i>
<i>3-level</i>	<i>Case study(includes 3 question)</i>	<i>1</i>	<i>8marks</i>
	<i>Total</i>		<i>18 marks</i>

Note: a student can score a maximum of 10 bonus points and penalty points not more than 10 (per semester).

Table of scoring of discipline « Dietology and Nutrition »

<i>Rating (points)</i>	<i>Gradebased on letter system</i>	<i>The numeralequivalent evaluation</i>	<i>Traditional system assessment</i>
95 – 100	A+	4,0	Excellent
90-94	A	3,5	
85 – 89	B+	3,0	Very good
80 – 84	B	2,5	
75-79	C+	2,0	Good
70-74	C	1,5	
65-69	D+	1.0	Satisfactorily
60-64	D	0.5	
30-59	FX	0.0	Unsatisfactorily
1-29	F	0.0	

Reference

electronic resources	1. https://www.cochranelibrary.com/ 2. https://www.tripdatabase.com/ 3. https://www.tandfonline.com/toc/ilal20/current 4. https://professional.diabetes.org/content-page/practice-guidelines-resources
electronic textbooks	https://ibooks.oshu.kg/book/?lg=1&id_parent=50&id1=1832&id4= https://ibooks.oshu.kg/book/?lg=1&id_parent=50&id1=1881&id4=
Учебники (библиотека)	Main reference: - Williams’ Basic Nutrition and Diet Therapy 15 EDITION Staci Nix, MS, RD, CD Assistant Professor, Lecturer Department of Nutrition and Integrative Physiology Adjunct Faculty, School Of Medicine University of Utah Salt Lake City, Utah - Diets for a Better Future: Rebooting and Reimagining Healthy and Sustainable Food Systems in the G20 2021

	3. Food-Based Dietary Guidelines A Review of National Guidance for Children, Adolescents, and Women Mary Arimond and Verónica Molina 4. Nutritional Assessment Seventh Edition David C. Nieman, DrPH, FACSM Appalachian State University, North Carolina Research Campus Additional reference 1. Global Nutrition Report. Indonesia nutrition profile. https://globalnutritionreport.org/resources/nutrition-profiles/asia/south-eastern-asia/indonesia/ 2. Protein Source and Muscle Health in Older Adults: A Literature Review Christianto Putra 1,2 , Nicolai Konow 2,3 , Matthew Gage 2,4, Catherine G. York 1 and Kelsey M. Mangano 1 3. The role of diet and nutrition in the management of COPD Rosanne J.H.C.G. Beijers 1 , Michael C. Steiner² and Annemie M.W.J. Schols¹
--	--