



DIETETICS

Degree: Bachelor's degree
Faculty: Faculty of Health Sciences and Physical Education
Specialisations: clinical dietetics, sports dietetics, psychodietetics
Duration: 3 years

Degree: Master's degree
Faculty: Faculty of Health Sciences and Physical Education
Specialisations: pediatric dietetics, sports dietetics, psychodietetics
Duration: 2 years

Graduates of the studies in dietetics have extensive knowledge in the field of human nutrition with reference to people's age, sex, physiological state, level of physical activities and health status. They are trained specialists who can indicate the dangers of inappropriate nutrition in diet-related diseases; they can also develop recommendations and design nutrition models that would be the best for a given health status. The laboratory equipment meets the highest standards. We have a food technology laboratory, a food quality analysis and assessment laboratory/chemistry laboratory (where we carry out the analysis of the properties and quality of food products), a nutrition and dietetics laboratory (where, using computers, students can prepare various menus, calculate nutritious values of meals, interpret the results in terms of nourishment) and an anthropometric examination laboratory (with tools for body composition analysis).

Educational goals

- teaching students practical dietetics skills at a professional level
- transferring the knowledge of nourishment during the treatment process, diet planning, the nature of nourishment components
- promoting adequate nutrition and a healthy lifestyle
- teaching students critical thinking skills and analytical skills to identify and solve problems in nutritional sciences



Selected general courses

- food quality analysis and assessment
- general food biochemistry
- food chemistry
- pediatric dietetics
- nutrition education
- pharmacology and pharmacotherapy
- human physiology
- hygiene, toxicology and food safety
- clinical outline of diseases
- professional first aid
- general microbiology of food
- food and dish technology and science of commodities

Selected specialisation courses

Clinical dietetics

- nutrition fundamentals
- nutrition and dietetics workshop
- clinical nutrition

Sports dietetics

- physical effort physiology
- nutrition in sports
- fundamentals of technology and meal preparation for athletes

Psychodietetics (master's degree level)

- interpersonal communication
- psychosocial aspects of nutrition
- psychodietetics with interpersonal skills training



Patrycja, Poland

The university degree is the biggest asset in our profession as employers perceive university graduates as better candidates for the job. Moreover, dietetics is a field of study that allows graduates to read foreign publications, be updated with the latest directives and participate in conferences.



Paweł, Poland

Studying at the University of Applied Sciences in Nysa can be considered a great professional support. The studies in dietetics teach us how to take a good attitude, how to search and verify information as well as how to take a critical look. Nevertheless, it is essential to develop skills on your own; without it, dieticians cannot become good specialists.