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**Federal State Autonomous Educational Institution for Higher Education
Peoples' Friendship University of Russia named after Patrice Lumumba**

Institute of Medicine

(Educational division)

COURSE SYLLABUS

Basics of child nutrition

(Course name)

Recommended by the Didactic council for the Education field of:

31.05.01 General Medicine

(Education field (specialty) code and title)

**The course instruction is implemented within the professional education programme of
higher education:**

General Medicine

(Higher education field (profile/specialisation) title)

2025

1. COURSE GOAL(S)

The goal of the course “Basics of childhood nutrition” is the training of qualified doctors with theoretical and practical knowledge, skills and abilities in the field of diagnostics, treatment tactics, medical examination and prevention of diseases related to the nutritional status of children and adolescents.

The discipline “Basics of childhood nutrition” is part of the program of the specialty “General Medicine” in the field 31.05.01 “General Medicine” and is studied in the 9th semester in the 5th year. The discipline is implemented by the Department of Pediatrics. The discipline consists of 3 sections and 6 topics and is aimed at studying and improving basic, fundamental medical knowledge in the field of pediatrics, forming the professional competencies of a doctor capable of successfully solving professional problems

2. REQUIREMENTS OF COURSE LEARNING OUTCOMES

The discipline “Basics of Childhood Nutrition” is aimed at developing the following competences (parts of competences) in students:

Table 2.1. List of competences formed in students during course of study (learning outcomes)

Code	Competence	Competence Development Indicators
PC-3	Able to prescribe treatment and monitor its efficacy and safety	PC-3.2. Able to prescribe drugs, medical devices and therapeutic nutrition taking into account the diagnosis, age and clinical picture of the disease and in accordance with the current procedures for the provision of medical care, clinical guidelines (treatment protocols) on the provision of medical care taking into account the standards of medical care.
PC-5	Able to carry out preventive measures and measures to promote a healthy lifestyle, as well as sanitary and hygiene education of	PC-5.10. Able to develop healthy lifestyle programmes, including programmes to reduce alcohol and tobacco consumption, prevent and combat non-medical use of narcotic drugs and psychotropic substances.

	population and monitor their effectiveness	
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3. COURSE IN HIGHER EDUCATION PROGRAMME STRUCTURE

The course "Basics of child nutrition " belongs to the part of the educational relations – block B1 of the Higher Education Programme – formed by students.

Within the framework of the educational programme, students also study other courses and/or practicals that contribute to achieving the expected learning outcomes of "Basics of child nutrition " course.

Table 3.1. List of Higher Education Programme disciplines that contribute to expected learning outcomes

Code	Title of competence	Previous disciplines	Subsequent disciplines/modules, practicals*
PC-3	Able to prescribe treatment and monitor its efficacy and safety	Surgery practical: surgeon's assistant; Obstetrics and gynecology practical: gynecologist's assistant; Dermatovenereology; Neurology, medical genetics, neurosurgery; Faculty surgery; Obstetrics and gynecology; Otorhinolaryngology; <i>Clinical research**</i> ; <i>Clinical Trials**</i> ; Faculty Therapy; Ophthalmology; Urology; <i>Fundamentals of Integrative Medicine**</i> ; Basics of therapeutic nutrition; <i>Introduction to Nutrition**</i> ; Pharmacology;	Obstetrics and gynecology practical: obstetrician's assistant; Practical in General practice: pediatrician's assistant; Hospital therapy; Endocrinology; Outpatient therapy; Hospital surgery, pediatric surgery; Pediatrics; Obstetrics and gynecology; <i>Outpatient cardiology**</i> ; Oncology, radiation therapy; Traumatology, orthopedics; Maxillofacial Surgery; Clinical pharmacology; Cardiology in quests; Infectious diseases; Psychiatry, medical psychology; Allergology; Phthisiology; Endoscopic urology; Telemedicine; Geriatrics and palliative medicine; Reproductive health;

PC-5	Able to carry out preventive measures and measures to promote a healthy lifestyle and sanitary and hygiene education among the population and monitor their effectiveness	Obstetrics and gynecology; Propaedeutics of internal diseases; Urology; Epidemiology; Ophthalmology; Organization of special care for patients; Hygiene; Dermatovenerology; Neurology, medical genetics, neurosurgery; <i>Introduction to Nutrition**</i> ; <i>Fundamentals of psychophysiology**</i> ;	Practical in General practice: pediatrician's assistant; Outpatient therapy; Pediatrics; Obstetrics and gynecology; Reproductive health; Endoscopic urology; Infectious diseases; Phthisiology; <i>Outpatient cardiology**</i> ; Endocrinology;
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* - created in accordance with the competence matrix and Higher Education programme

** - elective disciplines/practicals

4. COURSE WORKLOAD AND ACADEMIC ACTIVITIES

Total course workload of “Basics of child nutrition” is equal to 2 credits.

Table 4.1. Types of academic activities during the period of the HE programme mastering for FULL-TIME studies

Type of academic activity	Total academic hours.	Semester(s)			
		9			
<i>Classroom learning, academic hours</i>	34	34			
including					
Lectures (L)	0	0			
Lab work (LW)	34	34			
Seminars (workshops/tutorials) (S)	0	0			
<i>Self-study, academic hours</i>	35	35			
<i>Evaluation and assessment (exam or pass/fail grading), academic hours</i>	3	3			
Total course workload	academic hours	72	72		
	credits	2	2		

5. COURSE CONTENTS

Table 5.1. Course content (modules) according to type of academic activity

	Course module names	Module content (topics)		Type of academic activity*
Module 1	Essentials of pediatric nutrition	1.1.	Breastfeeding.	LW
		1.2.	Mixed and artificial feeding	LW
		1.3.	Infant nutrition	LW
Module 2	Malnutrition in children	2.1.	Protein energy malnutrition. Kwashiorkor. Alimentary marasmus.	LW
		2.2.	Diseases associated with malabsorption syndrome	LW
Module 3	Disorders of vitamin metabolism in children	3.1.	Vitamin deficiencies. Rickets. Rickets-like diseases.	LW

* - created for **FULL-TIME** study only: L – lectures; LW – lab work; S – seminars/workshops

6. CLASSROOM EQUIPMENT AND TECHNOLOGY SUPPORT REQUIREMENTS

Table 6.1 Classroom Infrastructure and Technology Support Requirements

Classroom for academic activity type	Classroom equipment	Specialized educational/laboratory equipment, software and materials for the study of the discipline (if necessary)
Laboratory	A classroom for conducting seminar-type classes, group and individual consultations, continuous assessments and mid-term assessment, equipped with a set of specialized furniture and multimedia presentation equipment.	Set of specialized furniture; technical equipment: NEC VT59 multimedia projector, ASUS X50M and Dell Latitude D631 laptops, there is Internet access. Software: Microsoft products (OS, office application package, including MS Office / Office 365, Teams, Skype).
For self-studies	Classroom for students' independent work (can be used for seminars and consultations), equipped with a set of specialized furniture and computers with access to EIES.	

* - classroom for students' independent study **MUST** be indicated

7. RESOURCES RECOMMENDED FOR COURSE STUDY

Main reading

1. RJ Joost Van Neerven, Janneke Ruinemans-Koerts. The Relevance of Nutrition for Pediatric Allergy and Immunity. *Nutrients*, 2023. ISBN978-3-0365-9517-7 URL: <https://www.mdpi.com/books/reprint/8455-the-relevance-of-nutrition-for-pediatric-allergy-and-immunity>
2. Tonia Vassilakou. Childhood Malnutrition. *Children*, 2021. ISBN978-3-0365-2268-5 URL: <https://www.mdpi.com/books/reprint/4560-childhood-malnutrition>
3. Henry C. Lee. Neonatal Health Care. *Children*, 2021. ISBN 978-3-0365-0731-6. URL: <https://www.mdpi.com/books/reprint/3841-neonatal-health-care>

Optional reading

1. Robert M. Kliegman, Brett J. Bordini, Heather Toth et al. Nelson Pediatric Symptom-Based Diagnosis: Common Diseases and their Mimics. Elsevier, 2022. ISBN 978-0-323-76174-1. DOI: <https://doi.org/10.1016/C2019-0-01335-0>
2. Sarah S. Long. Principles and Practice of Pediatric Infectious Diseases. Elsevier, 2022. ISBN 978-0-323-75608-2. DOI <https://doi.org/10.1016/C2019-0-00075-1>
3. Lissauer Tom. Illustrated Textbook of Paediatrics / T. Lissauer, W. Carrol. - Fifth Edition - China : Elsevier, 2017. - 583 p.: il. - ISBN 978-0-7234-3871-7: 6113.30
4. Stefan J. Friedrichsdorf (Ed.). Pediatric Palliative Care, 2019. 1 c. ISBN 9783038973508 URL: <https://www.mdpi.com/books/pdfview/book/1130>

Internet-(based) sources

1. Electronic libraries with access for RUDN students:

- RUDN Electronic library system – RUDN ELS

<http://lib.rudn.ru/MegaPro/Web>

- “University library online” ELS

<http://www.biblioclub.ru>

- Urait ELS

<http://www.biblio-online.ru>

- «Консультант студента» ELS

www.studentlibrary.ru

- «Лань» ELS

<http://e.lanbook.com/>

- «Троицкий мост» ELS

2. Databases and search engines:

- electronic database of legal, regulatory and technical documentation

<http://docs.cntd.ru/>

- Yandex search engine

<https://www.yandex.ru/>

- Google search engine

<https://www.google.ru/>

- SCOPUS reference database

<http://www.elsevierscience.ru/products/scopus/>

Learning toolkits for students' self- studies in the mastery of the course/module:

1. Presentations on the discipline “Basics of child nutrition”.
2. Methodological guidelines for the implementation and registration of testing and independent work on the discipline “Basics of child nutrition”.

* - all learning toolkits for self- studies of students are on the course page in **RUDN LMS TUIS** in accordance with current procedures

8. ASSESSMENT TOOLKIT AND GRADING SYSTEM* FOR EVALUATION OF STUDENTS' COMPETENCES LEVEL UPON COURSE COMPLETION

Assessment materials and grading system* for the evaluation of achieved competency levels (parts of competences) for the learning outcomes of the “Basics of child nutrition” course are presented in the appendix to this Course syllabus.

* - assessment and grading systems are based on the corresponding local regulatory act of RUDN University

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