

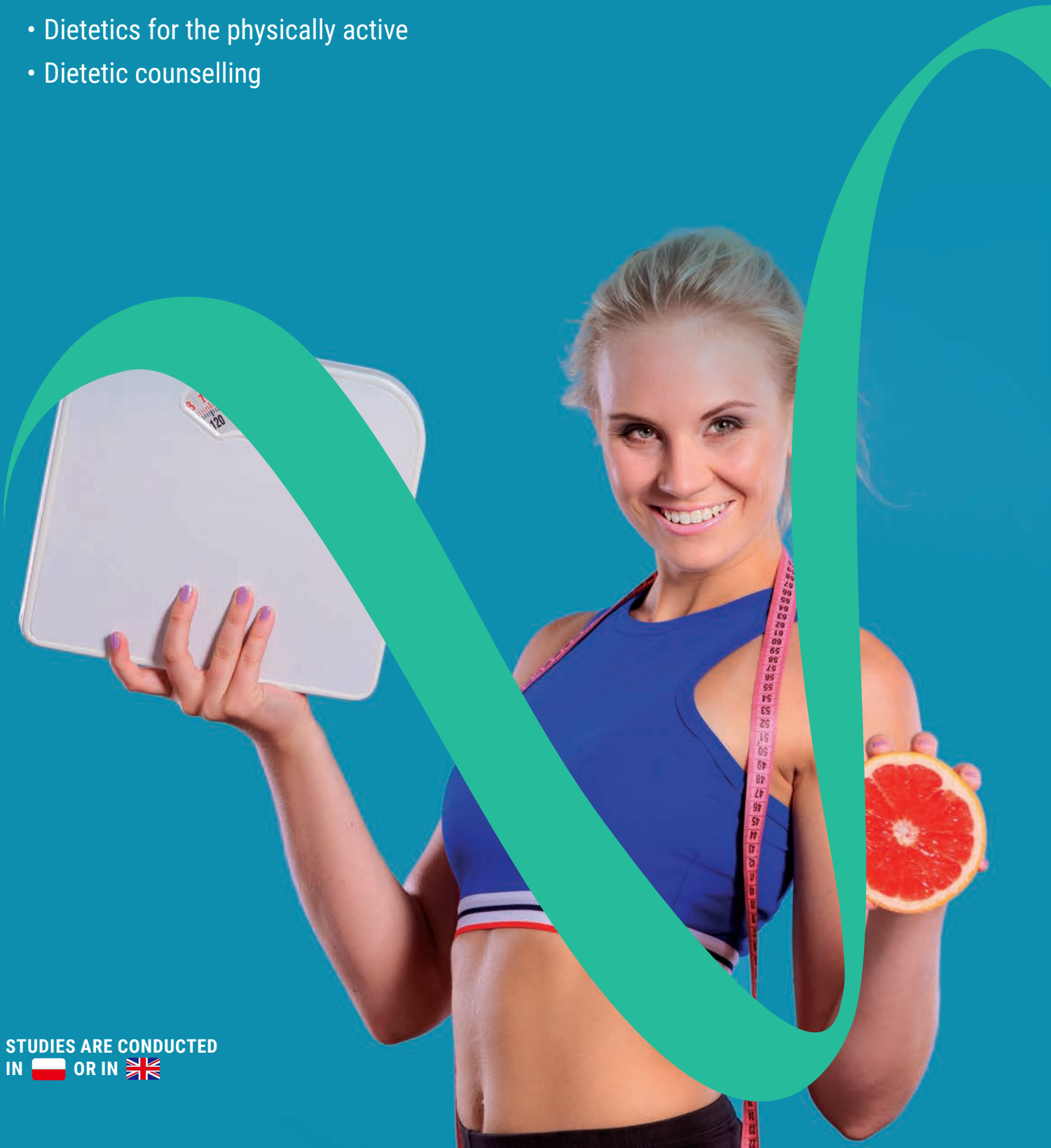
SPECIALISATIONS IN THE FIELD OF DIETETICS



3 YEARS (6 SEMESTERS) OF BACHELOR'S DEGREE PROGRAMME

SPECIALITIES:

- Dietetics for the physically active
- Dietetic counselling



STUDIES ARE CONDUCTED
IN  OR IN 

SPECIALISATION: DIETETICS FOR THE PHYSICALLY ACTIVE

You will gain the knowledge and practical skills necessary, to work with the physically active in gyms and fitness centres. You will be able to work with athletes from various disciplines, and design diets for them, which will ensure their performance meets the requirements of their sport.



LIST OF COURSES:

- Physiology of digestion and absorption (with elements of the anatomy),
- Fundamentals of human nutrition,
- The basics of designing a menu,
- Nutrition of active people,
- Nutrition plans,
- Reducing diets,
- Basics of phytotherapy,
- Nutrition Counselling,
- Psychodietetics,
- Functional food,
- Supplements in sport,
- Designing dishes for physically active people,
- Nutrition in sports.



SPECIALISATION: DIETETIC COUNSELLING

You will learn how to accurately assess the needs of all those who visit the Dietician's office. Psychology and interpersonal communication courses will prepare you to work with your clients.



LIST OF COURSES:

- Physiology of digestion and absorption (with elements of the anatomy),
- Fundamentals of human nutrition,
- Fundamentals of Dietetics,
- The basics of designing a menu,
- Food allergies and intolerances,
- Psychology of nutrition,
- Technology for the preparation of health-oriented dishes,
- Nutrition plans,
- Reducing diets,
- Psychodietetics,
- Elements of work with the patient,
- Designing pro-health dishes,
- Fundamentals of laboratory diagnostics.



ACQUIRED COMPETENCES AND SKILLS IN DIETETICS

ability to identify and correct the client's nutritional errors, through individual selection of conditions, allowing to maintain their proper body weight

ability to select dietary ingredients, based on the principle of diversity and knowledge of the client's eating habits, related to their nationality, and depending on the planned mode of body functioning

ability to define the impact of individual food ingredients on the functioning of a healthy person's body

ability to critically assess the real value of promoted, fashionable diets, especially weight-loss diets

ease of establishing contact (basic communication skills with the client and skills in the field of psychodietetics)

ability to propose appropriate recipes and food processing technologies as well as ways of composing dishes in order to obtain the assumed and designed nutritional value, using the possibilities of modern apparatus and technological devices

INTERNATIONAL OFFICE



address:

3, Stokłosy St., 02-787 Warsaw, 1st floor, room 122



phone: + 48 510 858 087

e-mail: admission2@vistula.edu.pl

AFTER STUDIES



PROFESSIONAL PERSPECTIVES AFTER GRADUATION

- dietitian in dietary clinics at fitness clubs, gyms, sports clubs,
- dietitian in generally accessible dietary clinics,
- dietitian in schools, kindergartens, nurseries,
- independent dietitian, running their own business.



DIETETICS

PARTNERSHIPS:



Poradnia Dietetyczna Żaneta Rybak | Strofit Aneta Strelau | Michał Wrzosek | Poradnia Odchudzania i Odżywiania EFFECTA Agnieszka Jeżewska | Alloweat | Yoush |

INTERNSHIP AGREEMENTS:

Leonardo Hotels Warsaw Sp. z o.o. | Starwood Services Poland Sp. z o.o. (Sheraton Warsaw Hotel) | Holding Liwa Sp. z o.o. (Hotel Warszawa) | Belvedere Cafe Łazienki Królewskie Sp. z o.o. | Varsovia Apartamenty Sp. z o.o. | Chopin Airport Development Sp. z o.o. | Poradnia Dietetyczna Żaneta Rybak | Strofit Aneta Strelau | Oli Olga Karlikowska | Poradnia EFECTA Agnieszka Jeżewska | Restauracja Florian Ogień czy Woda.



LET'S MEET IN PERSON OR ON-LINE

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OF HOSPITALITY

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