

SPECIALISATIONS IN THE FIELD OF DIETETICS



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

SPECIALITIES:

- Dietetics for the physically active
- Dietetic counselling
- Psychodietetics



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.



SPECIALISATION: PSYCHODIETETICS

Students learn about the psychological aspects of nutrition. They develop the competencies needed to identify, understand, treat, and prevent eating disorders. They learn to identify barriers to healthy eating and strategies to counteract them.

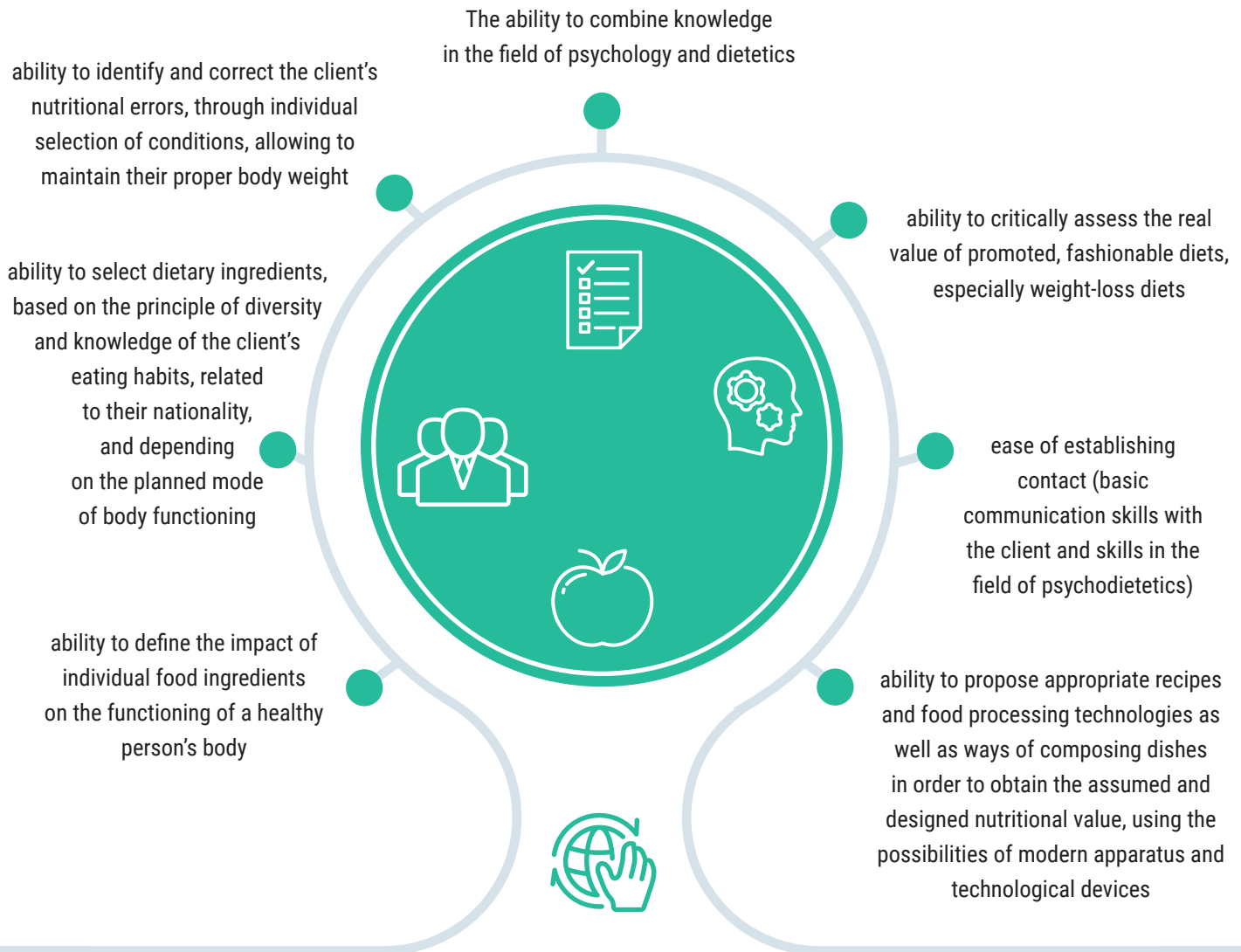


LIST OF COURSES:

- Psychodietetics,
- Nutrition psychology,
- Eating disorders and their treatment,
- Treatment standards and psychodietetic aspects in obesity and bariatrics,
- Psychology of emotions, motivation, and stress,
- Psychology of health and nutrition,
- Specifics of communication in psychodietetics,
- Psychology of nutrition and weight loss.



ACQUIRED COMPETENCES AND SKILLS IN DIETETICS



INTERNATIONAL OFFICE



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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,
- hospitals,
- psychological clinics and mental health centers.



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 EFFECTA 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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