Course description (syllabus) form for higher education, doctoral, postgraduate and skills development programmes

A. General course description

[Filled out by teacher/course coordinator except for the following fields marked in blue:

- 1) course title,
- 2) unit organising the course,
- 3) unit for which the course is organised,
- 4) course ID,
- 5) ISCED code,
- 6) ECTS credit allocation,
- 7) form of course completion assessment,
- 8) language of instruction,
- 9) indication whether attempts at obtaining course credit can be repeated,
- 10) affiliation of the course to a course group].

Field name	Comments
Course title	Biochemia
	Biochemistry
Unit organising the course	Faculty of Medicine
	Department of Medical Biology and Biochemistry
	Ludwik Rydygier Collegium Medicum
	Nicolaus Copernicus University
Unit for which the course	Faculty of Medicine
is organised	Field of study: Medicine, full-time studies, long cycle
Course ID	1655-LekM12BIOBIO-J
ISCED code	0912
ECTS credit allocation	5.00
Form of course completion	ungraded credit
assessment	
Language of instruction	English
Indication whether attempts at	по
obtaining course credit can be	
repeated	
Affiliation of the course	
to a course group	
Total student workload	1. The workload associated with activities requiring direct participation
	of academic teachers is:
	- participation in lectures: 30 hours
	- participation in tutorials: 33 hours
	- participation in seminars: 12 hours
	- consultation: 7 hours
	- passing the tests: 4 hours
	- passing the exam: 2 hours
	The workload associated with classes requiring direct participation of
	academic teachers is 88 hours, which corresponds to 3.52 ECTS points
	2. Balance of student workload:
	- participation in lectures: 30 hours
	- participation in tutorials: 33 hours
	- participation in seminars: 12 hours
	- preparation for tutorials and seminars: 10 hours
	- writing tutorial reports: 3 hours

	- reading the indicated literature: 10 hours
	- consultation: 7 hours - preparation for the test and passing the test: 10 hours
	- preparation for the test and passing the test. To hours - preparation to the exam and the exam: 10 hours
	The total student workload is 125 hours, which corresponds to 5 ECTS
	points
	3. Workload related to scientific research:
	- reading of the indicated scientific literature: 10 hours
	- research and scientific consultations: 7 hours
	- participation in lectures (including methodology of scientific research,
	results of research, studies): 30 hours
	- participation in tutorials and seminars covered by scientific activity (including methodology of scientific research, research results, studies):
	45 hours
	- preparation for tutorials and seminars covered by scientific activity:
	10 hours
	- preparation to pass in the area of research and science aspects for a
	given subject: 10 hours
	- writing reports on tutorials covered by scientific activity: 3 hours
	The total amount of student work associated with the conducted research
	is 115 hours, which corresponds to 4.60 ECTS points
	4. Time required to prepare and participate in the assessment process:
	- preparation for passing + credit: 8 hours
	- reading the indicated literature: 10 hours
	- preparation for the exam and exam: 10 hours
	The total amount of student work involved in preparing for the
	participation in the assessment process is 28 hours, which corresponds
	to 1.12 ECTS points
	5 Ralance of student workload of a practical nature:
	5. Balance of student workload of a practical nature:participation in tutorials: 33 hours
	The total student workload of a practical nature is 33 hours, which
	corresponds to 1.32 ECTS points
	6. Time required for compulsory placement:
.	not applicable
Learning outcomes –	W1: characterizes the structure and functions of organic compounds
knowledge	that are part of macromolecules, knows their role in the body - B K_W10 W2: describes the functions of lipids in the cellular and extracellular
	compartments - B K_W11
	W3: describes the functions of polysaccharides in the cellular and
	extracellular compartments - B K_W11
	W4: understands the importance of protein structure for its proper
	function and the influence of protein structure disturbances in
	pathological processes - B K_W12
	W5: describes the structure as well as metabolic and regulatory
	functions of nucleotides - B K_W13 W6: knows the course of major catabolic and anabolic pathways - B
	K_W15
	W7: knows the regulation of the main metabolic pathways, basic
	environmental and genetic disturbances of these pathways and diseases
	associated with these disorders - B K_W15
	W8: describes the specificity of metabolic processes in the main organs
	and systems (liver, kidney, muscle, brain, fat tissue, intestine)- B K_W16
	<i>W9: characterizes the concept of oxidative potential of the body and</i>
	oxidative stress, knows the physiological and pathological significance of free oxygen radicals, knows the antioxidant systems of the body - B
	b) free oxygen radicals, knows the antioxidant systems of the body - $B K_W 17$
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W10: describes the role of kidney in maintaining the body's water- electrolyte balance $-B K_W01$
W11: characterizes the participation of kidney in maintaining acid- base balance - B K_W02
W12:describes the molecular mechanisms of receiving a light stimulus - B K_W07
U1: calculates molar and percentage concentrations of compounds
measured in biological samples - B K_U03 U2: determines the pH of body fluids and the effect of pH changes on
their properties - B K_U05
U3: predicts the direction of major metabolic pathways in cells and tigging depending on the groups domand <u>PK</u> U06
tissues depending on the energy demand - B K_U06 U4: uses qualitative and quantitative analysis, colorimetry, pH-
parameters, protein electrophoresis, analyzes and interprets the results obtained - B K_U09
U5: uses analytical balance, spectrophotometer, pH-meter and
evaluates the accuracy of measurements $-BK_U10$
K1: is aware of the limitations of the scope of his knowledge and of the necessity of its permanent supplementing - K_K01 K2: has the need and ability to constantly supplement his knowledge -
K_2 . This the need and doubly to constantly supplement his knowledge - K_K08
Lecture:
expository teaching methods - informative (traditional) lecture with multimedia presentation, problem-based teaching methods - discussion method
seminar: expository teaching methods - a talk, problem-based teaching methods
- classic problem method, discussion method, case method, discovery teaching methods - project method
tutorial:
expository teaching methods - explanation, problem-based teaching methods – classic problem method, didactic discussion, discovery teaching methods - laboratory practicals, practical exercises,
demonstration Student beginning the course "Biochemistry" should have knowledge
acquired during the course ", blochemistry" should have knowledge acquired during the course of study, especially in the field of the subject Molecular basis of metabolism and Molecular biology.
"Biochemistry" course is carried out in the second semester. It
consists of 30 hours of lectures, 33 hours of tutorials, and 12 hours of
seminars. The aim of the course is to prepare students for learning clinical subjects, as well as to work in a future profession. The topics provided allow to learn the course of major metabolic pathways, their
regulation, the specificity of biochemical changes in the main tissues
and systems of the human body, as well as understanding the role of disorders of these processes in the development of major metabolic
diseases of environmental and genetic origin.
Lectures:
1. Glucose as a source of ATP - reactions of glycolysis, substrate
phosphorylation, regulation of glycolysis. Glycolysis under anaerobic
conditions, glycolysis in the red blood cell. Entering fructose and galactose in glycolysis. Disturbances of fructose and galactose
metabolism. Oxidative decarboxylation of pyruvate and the regulation of this process.
2. Pentose phosphate pathway, its special role in the body, disorders
resulting from the lack of NADPH synthesis. The major metabolic pathways of the red blood cell. The course and regulation of
gluconeogenesis.
3. Synthesis and degradation of glycogen, diseases resulting from disorders of glycogen metabolism. Hormonal regulation of the glucose level in the blood - the role of insulin, glucagon, adrenaline.

 4. The tricarboxylic acid cycle - the energy gain of the cycle Mitochondrial transmembrane transport systems and NADH transport
shuttles. The respiratory chain, inhibitors and compounds uncoupling oxidative phosphorylation. Cell bioenergetics, the final ATP yield of
oxidation of the glucose molecule. Reactive oxygen species generation Cell damage caused by reactive oxygen species. Antioxidant defense.
5. The role of carnitine in the transport of fatty acids. β -oxidation of saturated and unsaturated fatty acids. Energy balance of β -oxidation. β -
oxidation of fatty acids with an odd number of carbon atoms in the chain Metabolism of ketone bodies.
6. Synthesis and elongation of fatty acids, formation of unsaturated bonds. The role of arachidonic acid - the synthesis of eicosanoids
(prostaglandins, prostacyclins, thromboxanes and leukotrienes) and their biochemical significance. Synthesis of glycerolphospholipids and
sphingolipids. 7. Transport of cholesterol in blood by lipoproteins
Dyslipoproteinaemias. The synthesis of cholesterol and the regulation of this process in the human body. Biosynthesis of bile acids and
regulation of this process.
8. Biosynthesis of nutritionally non-essential amino acids in the human body. The most important enzymes involved in the transformation of
amino acids and the removal of amine nitrogen. The urea cycle.
9. Catabolism of amino acids. Glucogenic and ketogenic amino acids Selected metabolic disorders in the catabolism of amino acids. Amino acid transformations into biologically important, specialized products
Metabolism of single-carbon residues. The role of one-carbon residues in the biosynthesis of biologically important compounds.
10. Nomenclature and structure of purine and pyrimidine bases, including atypical ones. Synthesis of purines and pyrimidines and
regulation of these processes. Catabolism of purine and pyrimidine
bases. Selected diseases associated with disorders of purine catabolism.
11. Synthesis and catabolism of heme, regulation of these processes. Bilirubin transport in plasma, the role of the liver in conjugation of
bilirubin. Enterohepatic circulation of bile compounds. Hyperbilirubinemias. Diagnostic significance of total bilirubin,
bilirubin. The diagnostic role of indirect and direct bilirubin.
12. Liver as the metabolic center of the body. The role of the liver in detoxification processes. The role of the liver in maintaining the property of the liver in maintain the proper
level of glucose in the blood. 13. Biochemical function of the kidney. Diagnostic significance of
metabolites excreted in the urine.
14. Classification of hormones. The most important hormones affecting the metabolism of carbohydrates, lipids and proteins in muscle, liver and adipose tissue. Synthesis of thyroid hormones.
15. Metabolic profile of major organs and tissues. Summary of metabolic pathways of carbohydrates, lipids and amino acids in liver
brain, skeletal muscle, myocardium and kidney cells. Links between the
metabolism of carbohydrates, lipids and amino acids. Compounds and processes that are a source of ATP for skeletal muscle cells at rest and during work sprint and marathen Matabolic changes occurring during
during work - sprint and marathon. Metabolic changes occurring during fasting and after a meal. Metabolic changes accompanying type 1 and type 2 diabetes.
Seminars:
1. Disorders of carbohydrate metabolism - selected diseases.
 2. Lipid metabolism disorders - selected diseases. 3. Amino acid metabolism disorders - selected diseases.
 3. Amino acia metabolism alsoraers - selected alseases. 4. Medical aspects of major metabolic disorders in selected organs.
Tutorials:

	1. Some properties of disaccharides and polysaccharides.		
	2. Glucose tolerance test.		
	3. Physico-chemical properties of lipids.		
	 4. Lipidogram. 5. Biological oxidation. 6. Ovalitative and quantitative analysis of the universe of a healthy person 		
	 6. Qualitative and quantitative analysis of the urine of a healthy person. 7. Qualitative and quantitative analysis of urine in selected diseases. 		
	8. Diagnosis of jaundice.		
	9. Diagnostic parameters of blood in kidney diseases.		
	10. Diagnostic enzymes of blood in liver diseases. 11. Revision.		
Literature			
Literature	1) Leading textbook:		
	Rodwell VW, Bender D, Botham KM, Kennelly PJ, Weil PA.		
	Harpers Illustrated Biochemistry, 30th Edition, McGraw-Hell		
	Mecical 2015 (or 31th Edition, 2018)		
	2) Supplementary handbooks:		
	Lieberman M, Peet A. Marks' Basic Medical Biochemistry. A		
	Clinical Approach, 5th Edition, Wolters Kluwer 2018		
	Ferrier DR. Lippincott Illustrated Reviews: Biochemistry, 7th		
	Edition, Wolters Kluwer 2017		
	Ronner P. Netter's Essential Biochemistry, Elsevier 2018		
Assessment methods and	1. Intrasemestral test (MCQ): W1-W12, U1-U3, K1, K2.		
criteria	In the case of the intrasemestral test, the points obtained are converted		
	into grades according to the following scale:		
	% points Grade		
	92-100 Very good		
	84-91 Good plus		
	76-83 Good		
	68-75 Satisfactory plus		
	56-67 Satisfactory		
	0-55 Fail		
	2. Oral or written answer (evaluation of active participation and		
	preparation for the classes): W1-W12, U1-U5, K1, K2.		
	In order to pass the student must get a minimum of 60% of the points		
	from the answer.		
	In the case of an oral or written answer to the assessment of the		
	learning outcomes achieved by the student, the following criteria are		
	applied:		
	- credit in the case when: the student knows the basic issues and has		
	mastered the program minimum, understands the questions asked,		
	presents his knowledge in a logical and systematic way, can practically		
	apply the acquired knowledge;		
	- failure to pass if: the student has not mastered the program minimum,		
	does not understand the questions, provides answers not on the		
	subject, does not properly use the basic vocabulary, can not practically		
	apply the acquired knowledge.		
	2 Focused observation of the student's setivity while a sufermine		
	3. Focused observation of the student's activity while performing		
	practical tasks: U1, U2, U4, U5.		
	In order to pass the student must get a minimum of 60% of points for a properly completed activity		
	properly completed activity.		
	4. Report: W1-W12, U1, U2, U4, U5, K1, K2.		
	<i>4. Report: w1-w12, 01, 02, 04, 03, K1, K2.</i> <i>In order to pass the student must get a minimum of 60% of points for</i>		
	the presented report on the tutorials.		
	me presenteu report on me mortais.		

	 5. Oral presentation: W1-W12, U3, K1, K2. In order to pass the student must get a minimum of 60% of points for the presentation. 6. Activity – extended observation: K1, K2. In order to page the student must get a minimum of 50%.
XXX 1 1	In order to pass the student must get a minimum of 50%.
Work placement	not applicable

B. Description of the course within the period of instruction

[Filled out by teacher/course coordinator except for the following fields marked in blue: 1) period of instruction,

- 2) form of assessment of course completion in the period of instruction,
- 3) form(s) of classes, number of hours and completion assessment methods,
- 4) name of course coordinator in the period of instruction,
- 5) names of persons managing student groups for the course,
- 6) course attributes,
- 7) course groups including description and limit to the number of students within the groups,

Field name	Komentarz
Period of instruction	Year I, semester II - summer semester
Form of assessment of course completion in the period of instruction	ungraded credit
Form(s) of classes, number of hours and completion assessment methods	Lectures: 30 hours, ungraded credit Seminars: 12 hours, ungraded credit Tutorials: 33 hours, ungraded credit
Name of course coordinator in the period of instruction	Karolina Szewczyk-Golec, PhD, Associate Professor
Names of persons managing student groups for the course	Karolina Szewczyk-Golec, PhD, Daria Kupczyk, PhD, Rafał Bilski, MSc
Course attributes	Obligatory subject
Course groups including description and limit to the number of students within the groups	Lectures for the whole year Seminar groups up to a maximum of 24 students Tutorial groups up to a maximum of 12 students
Time and place of classes	dates and places of classes are specified by the Department of Didactics of Collegium Medicum tutorials and seminars: lab classes at the Department of Biology and Medical Biochemistry of CM UMK
Learning outcomes defined for a given form of classes within the course	Lecture: W1: characterizes the structure and functions of organic compounds that are part of macromolecules, knows their role in the body - B K_W10 W2: describes the functions of lipids in the cellular and extracellular compartments - B K_W11 W3: describes the functions of polysaccharides in the cellular and extracellular compartments - B K_W11

W4: understands the importance of protein structure for its
proper function and the influence of protein structure
<i>disturbances in pathological processes - B K_W12</i> <i>W5: describes the structure as well as metabolic and regulatory</i>
functions of nucleotides - B K_W13
<i>W6: knows the course of major catabolic and anabolic</i>
pathways - B K_W15
W7: knows the regulation of the main metabolic pathways,
basic environmental and genetic disturbances of these pathways and diseases associated with these disorders - B K_W15
W8: describes the specificity of metabolic processes in the main
organs and systems (liver, kidney, muscle, brain, fat tissue, intestine)- B K_W16
W9: characterizes the concept of oxidative potential of the body
and oxidative stress, knows the physiological and pathological
significance of free oxygen radicals, knows the antioxidant systems of the body - B K_W17
W10: describes the role of kidney in maintaining the body's water-electrolyte balance – B K_W01
W11: characterizes the participation of kidney in maintaining acid-base balance - B K_W02
W12: describes the molecular mechanisms of receiving a light stimulus - $B K_W07$
<i>U1: calculates molar and percentage concentrations of</i>
compounds measured in biological samples - B K_U03
U2: determines the pH of body fluids and the effect of pH changes on their properties - B K_U05
U3: predicts the direction of major metabolic pathways in cells
and tissues depending on the energy demand - B K_U06
K1: is aware of the limitations of the scope of his knowledge
and of the necessity of its permanent supplementing - K_K01
<i>K2: has the need and ability to constantly supplement his knowledge - K_K08</i>
Seminar:
W1: characterizes the structure and functions of organic
compounds that are part of macromolecules, knows their role in
the body - B K_W10
<i>W2: describes the functions of lipids in the cellular and</i>
extracellular compartments - B K_W11
<i>W3: describes the functions of polysaccharides in the cellular and extracellular compartments - B K_W11</i>
<i>W4: understands the importance of protein structure for its</i>
proper function and the influence of protein structure disturbances in pathological processes - B K_W12
W5: describes the structure as well as metabolic and regulatory
functions of nucleotides - B K_W13
<i>W6: knows the course of major catabolic and anabolic</i>
pathways - B K_W15
W7: knows the regulation of the main metabolic pathways,
basic environmental and genetic disturbances of these pathways
and diseases associated with these disorders - B K_W15 W8: describes the specificity of metabolic processes in the main
organs and systems (liver, kidney, muscle, brain, fat tissue,
intestine)- B K_W16
W9: characterizes the concept of oxidative potential of the body
and oxidative stress, knows the physiological and pathological
significance of free oxygen radicals, knows the antioxidant
systems of the body - $B K_W 17$ W10: describes the role of kidney in maintaining the body's
W10: describes the role of kidney in maintaining the body's water-electrolyte balance – B K_W01
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	W11: characterizes the participation of kidney in maintaining acid-base balance - B K_W02
	W12: describes the molecular mechanisms of receiving a light
	stimulus - B K_W07 U3: predicts the direction of major metabolic pathways in cells and tissues depending on the energy demand - B K_U06
	<i>K1: is aware of the limitations of the scope of his knowledge</i>
	and of the necessity of its permanent supplementing - K_K01 K2: has the need and ability to constantly supplement his knowledge - K_K08
	<i>Tutorial:</i> <i>W1: characterizes the structure and functions of organic</i> <i>compounds that are part of macromolecules, knows their role in</i> <i>the body - B K_W10</i>
	W2: describes the functions of lipids in the cellular and extracellular compartments - B K_W11
	<i>W3: describes the functions of polysaccharides in the cellular and extracellular compartments - B K_W11</i>
	W4: understands the importance of protein structure for its proper function and the influence of protein structure
	disturbances in pathological processes - B K_W12
	<i>W5: describes the structure as well as metabolic and regulatory functions of nucleotides - B K_W13</i>
	W6: knows the course of major catabolic and anabolic pathways - B K_W15
	W7: knows the regulation of the main metabolic pathways, basic environmental and genetic disturbances of these pathways and diseases associated with these disorders - B K_W15
	W8: describes the specificity of metabolic processes in the main organs and systems (liver, kidney, muscle, brain, fat tissue,
	intestine)- B K_W16
	W9: characterizes the concept of oxidative potential of the body and oxidative stress, knows the physiological and pathological significance of free oxygen radicals, knows the antioxidant systems of the body - B K_W17
	W10: describes the role of kidney in maintaining the body's water-electrolyte balance $-B K_W01$
	W11: characterizes the participation of kidney in maintaining acid-base balance - B K W02
	W12: describes the molecular mechanisms of receiving a light stimulus - $B K_W07$
	U1: calculates molar and percentage concentrations of compounds measured in biological samples - B K_U03
	U2: determines the pH of body fluids and the effect of pH changes on their properties - B K_U05
	<i>U3: predicts the direction of major metabolic pathways in cells and tissues depending on the energy demand - B K_U06</i>
	<i>U4: uses qualitative and quantitative analysis, colorimetry, pH-</i> <i>parameters, protein electrophoresis, analyzes and interprets the</i>
	results obtained - B K_U09 U5: uses analytical balance, spectrophotometer, pH-meter and
	evaluates the accuracy of measurements $-BK_U10$
	K1: is aware of the limitations of the scope of his knowledge and of the necessity of its permanent supplementing - K_K01
	K2: has the need and ability to constantly supplement his knowledge - K_K08
Assessment methods and criteria	
for a given form of classes within	1. Intrasemestral test (MCQ) (>60%): W1-W12, U1-U3, K1, K2.
the course	2. Extended observation (>50%): K1, K2.

	T		
	Seminar:		
		ten answer (>60%): W1-W12, U3, H	
	-	tation (>60%): W1-W12, U3, K1, K	2.
	3. Extended ob	servation (>50%): K1, K2.	
	Tutorial:		
	1. Intrasemestr K2.	ral test (MCQ) (>60%): W1-W12, U	1-U3, K1,
		ten answer (>60%): W1-W12, U1-U	15 KI
		servation of the student's activity wh	
		actical tasks (>60%): U1, U2, U4, L	
		0%): W1-W12, U1, U2, U4, U5, K1,	
		(>50%): w1-w12, 01, 02, 04, 05, K1, pservation (>50%): K1, K2.	<u>Μ</u> 2.
	5. Exichaea ob	servation (>5070). N1, N2.	
	-	he intrasemestral test, the points ob grades according to the following so	
	% points	Grade	
	92-100		
		Very good	
	84-91	Good plus	
	76-83	Good	
	68-75	Satisfactory plus	
	56-67	Satisfactory	
	0-55	Fail	
	-	in oral or written answer to the asse	-
	-	mes achieved by the student, the foll	owing
	criteria are ap		
		case when: the student knows the ba	
		he program minimum, understands i	-
	-	s his knowledge in a logical and syst	ematic way,
		apply the acquired knowledge;	
		s if: the student has not mastered the	
		s not understand the questions, prov	
	-	ect, does not properly use the basic	vocabulary,
	can not practic	cally apply the acquired knowledge.	
	In order to rec	eive the credit for the course the stu	dent must
		results from two intrasemestral test	
	-	ment in the field of social competend	
	-	umber of points from all assessed cri	
Course content	Lectures:		
		The fate of pyruvate.	
	-	pathway. Gluconeogenesis.	
	3. Glycogen m		
	-	Respiratory chain. Oxidative stress	
		of fatty acids. Metabolism of ketone	bodies.
	6. Lipid synthe		
		s. Synthesis of cholesterol and bile a	
	-	s of nutritionally non-essential ami	no acids. The
	urea cycle.	<u> </u>	
		of amino acids.	
	10. Purines an		
		nd catabolism of heme. Hyperbiliru	binemias.
1		e metabolic center of the body.	
	13. Biochemico	al function of the kidney.	
	13. Biochemica 14. Classificat	al function of the kidney. ion of hormones.	
	13. Biochemica 14. Classificata 15. Metabolic	al function of the kidney.	
	13. Biochemica 14. Classificata 15. Metabolic Seminars:	al function of the kidney. ion of hormones. profile of major organs and tissues.	
	 13. Biochemica 14. Classificata 15. Metabolic Seminars: 1. Disturbance 	al function of the kidney. ion of hormones.	

Teaching methods	 3. Disorders of amino acid metabolism. 4. Medical aspects of metabolic disorders in selected organs. Tutorials: Selected properties of disaccharides and polysaccharides. Glucose tolerance test. Physico-chemical properties of lipids. Lipidogram. Biological oxidation. Qualitative and quantitative analysis of the urine of a healthy person. Qualitative and quantitative analysis of urine in selected diseases. Diagnostic parameters of blood in kidney diseases. Diagnostic enzymes of blood in liver diseases. Diagnostic renzymes of blood in liver diseases. Diagnostic renzymes of blood in liver diseases. Diagnostic renzymes of blood in liver diseases. Repetytorium. Lecture: expository teaching methods - informative (traditional) lecture with multimedia presentation, problem-based teaching methods - discussion method seminar: expository teaching methods - a talk, problem-based teaching methods - classic problem method, discussion method tutorial: expository teaching methods - explanation, problem-based teaching methods - classic problem method, didactic discussion, discovery teaching methods - laboratory practicals, practical exercises, demonstration
Literature	The same as in part A