

DISCIPLINE SHEET
THE ROLE OF NUTRITIONAL SUPPLEMENTS
ACADEMIC YEAR
2025–2026

1. STUDY PROGRAM INFORMATION

1.1. Higher education institution	UNIVERSITY OF MEDICINE AND PHARMACY OF CRAIOVA				
1.2. Faculty	MEDICAL ASSISTANCE				
1.3. Department	I				
1.4. Field of study	HEALTH				
1.5. Study cycle	LICENSE				
1.6. Study program/Qualification	Nutrition and Dietetics / Nutritionist and Dietitian				

2. INFORMATION ABOUT THE DISCIPLINE

2.1. Name of the discipline		THE ROLE OF NUTRITIONAL SUPPLEMENTS				
2.2. Discipline code		ND3222.1				
2.3. The holder of course activities		Cornelia BEJENARU				
2.4. Academic degree – course activities		Associate Professor, PhD				
2.5. Employment (base norm/associate)		Base norm/associate				
2.6. The holder of seminar activities		Cornelia BEJENARU				
2.7. Academic degree – seminar activities		Associate Professor, PhD				
2.8. Employment (base norm/associate)		Base norm/associate				
2.9. Year of study	III	2.10. Semester	V	2.11. Type of discipline (content)	DS	2.12. Student attendance policy
						DSOP

3. TOTAL ESTIMATED TIME

3.1. Number of credits						1		
3.2. Number of hours per week	course		1	seminar/practical work	–	total		
3.3. Total hours in the curriculum	course		14	seminar/practical work	–	total		
3.4. Examinations						2		
3.5. Total hours of individual study						14		
3.5.1. Study using textbooks, course materials, bibliographies, and notes						6		
3.5.2. Additional documentation in the library, on specialized electronic platforms, and in the field						3		
3.5.3. Preparation of seminars/practical works, assignments, reports, portfolios, and essays						3		
3.5.4. Tutoring						–		
3.5.5. Other activities (consultations)						2		
3.6. Total hours per semester (1 credit = 30 hours)						30		

4. PREREQUISITES

4.1. Curriculum	Students should have knowledge of pharmaceutical botany, anatomy, physiology, pharmacognosy, pharmacology, cellular and molecular biology.
4.2. Competences	<ul style="list-style-type: none"> - Students must be able to correctly use scientific and medico-pharmaceutical terminology; - Students must possess analytical and synthetic skills; - Students must demonstrate competencies in autonomous and collaborative learning; - Students must possess communication and teamwork skills; - Students must have competencies in the use of information technology.

5. CONDITIONS

5.1. For conducting the course	Classroom with audio/video equipment.
5.2. For conducting the seminary/practical work	–

6. SPECIFIC COMPETENCES ACQUIRED

PROFESSIONAL COMPETENCES	<p>PC1. The designing, formulating, preparation and conditioning of medicines, nutritional supplements, cosmetics and other health products.</p> <p>PC2. Consulting and expertise in the field of medicines, nutritional supplements, cosmetics and other health products.</p>
TRANSVERSAL COMPETENCES	<p>TC1. Autonomy and responsibility:</p> <ul style="list-style-type: none"> • the acquisition of moral marks, the formation of professional and civic attitudes, allowing students to be correct, honest, non-conflict, cooperative, available to help people, interested in community development; • to know and apply the ethical principles related to medico-pharmaceutical practice; • to recognize a problem when it comes out and to provide solutions responsible for solving it. <p>TC2. Social interaction:</p> <ul style="list-style-type: none"> • to have respect for diversity and multiculturalism; • to develop teamwork skills; • to communicate orally and in writing the requirements, the way of work, the results obtained; • to engage in volunteering, to know the essential issues of the community. <p>TC3. Personal and professional development:</p> <ul style="list-style-type: none"> • to have openness to lifelong learning; • to become aware of the need for individual study as a basis for personal autonomy and professional development; • to capitalize optimally and creatively their own potential in the collective activities; • to use the information and communication technology.

7.1. DISCIPLINE OBJECTIVES

GENERAL OBJECTIVE OF THE DISCIPLINE

- Acquiring the information required for the knowledge of the legislation regarding the rules nutritional supplements should meet;
- Acquiring the information required for the recommendation of nutritional supplements in various diseases.

SPECIFIC OBJECTIVES

- Gathering the concepts concerning the therapeutic contribution of nutritional supplements;
- Knowing the nutritional supplements, depending on the disease;
- Acquiring knowledge on recommending the nutritional supplements, depending on the disease.

7.2. LEARNING OUTCOMES

KNOWLEDGE

- The student identifies, describes, explains and understands nutritional supplements and the bioactive substances in them, in order to use them rationally.

SKILLS

- The student describes, defines and discusses aspects of nutritional supplements, the bioactive substances in them and evaluates nutritional intake for health.

RESPONSIBILITY AND AUTONOMY

- The student provides information about nutritional supplements, nutrition methods, and potential pharmacological interactions.

8. CONTENTS

8.1. Course (content units)	No. of hours
1. Introductory concepts. Current legislation of nutritional supplements.	1
2. Nutritional supplements – ways of recommendation in therapy.	1
3. Nutritional supplements recommended in the therapy of the diseases in the gastrointestinal segment.	1
4. Nutritional supplements used as laxative-purgatives.	1
5. Nutritional supplements used in hepatic diseases.	1
6. Nutritional supplements recommended in the diseases of the urinary system.	1
7. Nutritional supplements used in imbalances of minerals and vitamins.	1
8. Nutritional supplements recommended in obesity.	1
9. Adjuvant nutritional supplements in arterial hypertension.	1
10. Nutritional supplements recommended in stimulating the immunity.	1
11. Nutritional supplements used for diseases of the nervous system.	1
12. Nutritional supplements recommended in dermatological cosmetics.	1
13. Adjuvant nutritional supplements in children's diet.	1

14. Adjuvant nutritional supplements in the diet of pregnant women.	1
Total	14
REFERENCES	
1. Berginc Katja, Kreft S. <i>Dietary supplements: safety, efficacy and quality</i> . Woodhead Publishing–Elsevier, Cambridge, UK, 2014.	
2. Cass Hyla. <i>Ghidul suplimentelor nutritive în tratamentul medicamentos</i> . Ed. Curtea Veche Publishing, Bucureşti 2013.	
3. Cristea Aurelia Nicoleta. <i>Farmacie clinică</i> . Vol. I, Ed. Medicală, Bucureşti, 2006.	
4. Dragomirescu Anca, Dehelean Cristina. <i>Nutriție și produse dietetice disponibile în farmacie</i> . Ed. Brumar, Timișoara, 2002.	
5. Faur Virginia. <i>Adevărul despre alimentație</i> . Ed. Dacia Europa Nova, Lugoj, 2002.	
6. Girija Sastry V., Siva Kumar N., Achyutha Valli Devi Y. <i>Dietary supplements and nutraceuticals: scientific principles and health benefits</i> . Notion Press Publisher, Chennai, Tamil Nadu, India, 2025.	
7. Mihele Denisa. <i>Nutriție, dietoterapie și compoziția alimentelor</i> . Ed. Multi Press Internațional, Bucureşti, 2004.	
8. Mukherjee B. (ed). <i>Dietary supplements and nutraceuticals</i> . Springer Nature, Singapore, 2025.	
9. Stroescu V., Corciovei Constantinescu Iosefina, Fulga I., Coman Oana Andreia. <i>Îndreptar pentru prescrierea medicamentelor</i> . Ed. ALL Educațional, Bucureşti, 1999.	
10. Webb G.P. <i>Dietary supplements and functional foods</i> . Blackwell Publishing Ltd., Oxford, UK, 2011.	

9. CORROBORATING THE DISCIPLINE CONTENT WITH THE EXPECTATIONS OF EPISTEMIC COMMUNITY REPRESENTATIVES, PROFESSIONAL ASSOCIATIONS AND EMPLOYEE REPRESENTATIVES RELATING TO THIS PROGRAM

The knowledge and the practical skills acquired at the *The Role of Nutritional Supplements*

discipline provide the study basis for the processes detailed at other disciplines are the foundation for the understanding and learning of any plant-based medicine or nutritional supplement.

10. METHODOLOGICAL GUIDELINES

Types of activity	Teaching/learning techniques, materials, resources: lectures, interactive courses, group work, problem-based/project-based learning, etc. Learning, teaching, research, and practical application activities within the discipline are conducted in a blended format.
Course	The following methods are used in combination: lectures, debates, problem-solving.
Individual study	Before each course and each practical assignment.

11. EVALUATION

Type of activity	Evaluation forms	Evaluation methods	Weight of final grade
Lecture	Formative assessment through tests during the semester Summative assessment during the exam	Verification (written exam). Grades are given on a scale of 1–10. The minimum passing grade is 5.	80%
Assessment of stage knowledge	Tests during the semester	Test (written). Grades are given on a scale of 1–10. The minimum passing grade is 5.	10%
Individual performance evaluation	Formative assessment through essays, projects, worksheets, applied discussion	Applied discussion	10%
Minimum performance standard	Knowledge of the main nutritional supplements and their therapeutic use.		
Appeals	According to the Student Examination Methodology.		

12. CONSULTATIONS

Consultation schedule	No. of hours	Place of deployment	Period	In charge	Scheduling of topics
	2 hours/week	Headquarters of the Discipline	Weekly	Course instructor	Theme of the week

Date of approval: 26th September 2025

Dean,
Prof. univ. dr. **Dana Maria**
Albulescu

Department Director,

Discipline Holder,
Conf. univ. dr. Cornelia Bejenaru