

Medicinski fakultet u Rijeci

**IZVEDBENI NASTAVNI PLAN  
2022/2023**

Za kolegij

**Mechanism of Action of Probiotic Bacteria**

Studij:	<b>Medical Studies in English (R)</b> (izborni) Sveučilišni integrirani prijediplomski i diplomski studij
Katedra:	<b>Zavod za mikrobiologiju i parazitologiju</b>
Nositelj kolegija:	<b>prof. dr. sc. Gobin Ivana, dipl. sanit. ing.</b>
Godina studija:	<b>4</b>
ECTS:	<b>1.5</b>
Stimulativni ECTS:	<b>0 (0.00%)</b>
Strani jezik:	<b>Mogućnost izvođenja na stranom jeziku</b>

## Podaci o kolegiju:

Probiotic microorganism are live microorganisms which when administered in adequate amounts confer a health benefit on the host. In our intestines there are a number of bacteria that are important for the maturation of immune status and normal development and function of the intestine. Probiotic concept involves oral administration of live beneficial microorganisms (probiotics), while prebiotic concept introduces selective sources of carbohydrate useful for probiotic bacteria in the digestive system. Synbiotic concept is the combined use of probiotic and prebiotic concept to achieve increased beneficial effect on health. If we want to use microorganism for in probiotic purposes, it must meet strict probiotic election strategy, and the three main aspects of the strategy are: general, technological and functional. The aim of the course is to teach students the mechanisms of probiotic prebiotics and to familiarize themselves with the strategy of selecting probiotic microorganisms and applying it in clinical practice.

## Popis obvezne ispitne literature:

- Guarino A. et al. Probiotic Bacteria and Their Effect on Human Health and Well-Being. Karger. 2013.
- Pandey KR, Naik SR, Vakil BV. Probiotics, prebiotics and synbiotics- a review. Journal of Food Science and Technology. 2015;52(12):7577-7587. doi:10.1007/s13197-015-1921-1.
- Kechagia M, Basoulis D, Konstantopoulou S, et al. Health Benefits of Probiotics: A Review. ISRN Nutrition. 2013;2013:481651. doi:10.5402/2013/481651.

## Popis dopunske literature:

Prepared copies of the most recent scientific articles of each of the teaching units will be available to students. Websites are an important source of information related to individual teaching topic.

## Nastavni plan:

### Obveze studenata:

Students are expected to attend classes regularly, participate actively and to ask questions. Students are advised to prepare for each teaching units, reading and reviewing prepared teaching materials.

During the course each student/group of students will give a presentation of the results, in the form of 15-20 minute oral presentation, followed by 10-15 minutes of discussion. Successfully completed presentation of results, and active participation in the discussions will be part of the final grade in addition to the written exam.

### Ispit (način polaganja ispita, opis pisanog/usmenog/praktičnog dijela ispita, način bodovanja, kriterij ocjenjivanja):

The study program will be monitored and evaluated according to the prescribed regulations of the School of Medicine, University of Rijeka and the Ministry of Science, Education and Sports. Students will evaluate their teachers and their classes in anonymous survey.

### Ostale napomene (vezane uz kolegij) važne za studente:

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## SATNICA IZVOĐENJA NASTAVE 2022/2023

Mechanism of Action of Probiotic Bacteria

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## Popis predavanja, seminara i vježbi:

**ISPITNI TERMINI (završni ispit):**

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