	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	**Zdravilne glive**
Course title	**Medicinal Fungi**

Študijski program in stopnja **Study programme and level**	**Študijska smer** **Study field**	**Letnik** **Academic year**	**Semester** **Semester**
Fitoterapija / 1. stopnja	Ni smeri študija	2. ali 3. letnik	4. ali 6.
Phytotherapy / 1st Cycle	No study field	2nd or 3rd year	4th or 6th

Vrsta predmeta/Course type	izbirni/elective

Univerzitetna koda predmeta/University course code	FIT_IP_UN2

Predavanja **Lectures**	**Sem. vaje** **Tutorial**	**Kab. vaje** **Cabinet tutorial**	**Lab. vaje** **Laboratory work**	**Teren. vaje** **Field work**	**Samost. delo** **Individ. work**	**ECTS**
40	15			35	60	6

Nosilec predmeta/Lecturer:	doc. dr. Luka Kristanc

Jeziki/ **Languages:**	**Predavanja/Lectures:**	slovenski/Slovenian
	Vaje/Tutorial:	slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	**Prerequisites:**
• Vpis v drugi ali tretji letnik študijskega programa. • Študent mora pred izpitom pripraviti in predstaviti portfolio.	• The prerequisite for inclusion is enrolment in the second or third year of study. • Students have to successfully prepare and present a portfolio before the examination.

Vsebina:	**Content (Syllabus outline):**
• Osnove sistematike in taksonomije gliv; • Fiziologija, anatomija in morfologija gliv; • Tipi reprodukcije in ekološke značilnosti gliv, vključno z naravovarstvenimi vidiki; • Nabiranje, gojenje in predelava zdravilnih gliv; • Glivne učinkovine in njihov pomen v medicini; • Uporabnost divje rastočih in gojenih avtohtonih ter tujih zdravilnih gliv pri obravnavi različnih bolezenskih stanj;	• Basics of fungal systematics and taxonomy; • Physiology, anatomy and morphology of fungi; • Types of reproduction and ecological characteristics of fungi, including the nature conservation aspects; • Cultivation, harvesting and processing of medicinal fungi; • Fungal active compounds and their medicinal significance;

• Pomen gob v prehrani s stališča vpliva na zdravje; • Strupene glivne vrste, tipe zastrupitev z njimi (toksindromi) ter ukrepi prve pomoči pri tem. • *Terenske vaje:* prepoznavanje in nabiranje zdravilnih gliv v naravi in prikaz gojenja zdravilnih gliv.	• The use of wild-growing and cultivated domestic and foreign medicinal fungi in treating different conditions; • The importance of fungi in nutrition from the standpoint of health effects; • Poisonous fungal species, types of poisoning (toxindromes) and first aid measures in this context. • *Field excursions*: determination and collection of medicinal fungi in nature and demonstration of their cultivation.

Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Kreft, S., in Kočevar Glavač, N. (ur.) (2013). *Sodobna fitoterapija: z dokazi podprta uporaba zdravilnih rastlin* (poglavje o zdravilnih gobah). Ljubljana: Slovensko farmacevtsko društvo.
- Pohleven, J., Korošec, T., Gregori, A. (2015). *Zdravilne gobe*. Kranjska Gora: založba MycoMedica (tudi v obliki e-knjige na spletu, angleški prevod).

Priporočljiva literatura/Recommended literature

- Vrhovec, B. (2010). *Zdravilne gobe Slovenije in 100 okusnih gob*, 2. izdaja. Kranj: založba Narava.
- Izbrani članki iz zbornikov znanstvenih srečanj (npr. Toksikologija 2016: Zastrupitve z gobami), izbrani članki iz domačih in tujih znanstvenih revij s področja mikologije in zdravilnih gliv, izbrane internetne strani (npr. gobe.si).

Cilji in kompetence:	**Objectives and competences:**
Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc: • usvojiti strokovno-teoretično znanje s področja zdravilnosti gliv, ki je osnova za optimizacijo in povečanje celovitosti izvajanja fitoterapije oziroma integrativne medicine; • spoznati osnove sistematike in taksonomije gliv; • pridobiti sistematično znanje o zdravilnih glivah, njihovih presnovkih in njihovi terapevtski uporabi; • razumeti temeljne fiziološke procese gliv, njihove načine reprodukcije ter njihove ekološke značilnosti; • usvojiti prepoznavanje gliv na naravnih rastiščih glede na morfološke lastnosti v različnih fazah razvoja; • spoznati osnovne principe gojenja, nabiranja in predelave zdravilnih gliv;	*The learning unit mainly contributes to the development of the following general and specific competences:* • acquisition of the professional-theoretical knowledge in the field of medicinal fungi, which is necessary for an optimised and more holistic approach of phytotherapy or integrative medicine; • acquisition of basic knowledge about the systematics and taxonomy of fungi; • acquisition of systematic knowledge on medicinal fungi, their metabolites and their therapeutic use; • to understand the fundamental physiological processes in fungi as well as their modes of reproduction and ecological characteristics; • to qualify for determination of fungi in their natural environment by recognizing

• spoznati vlogo gliv v prehrani človeka z vidika krepitve zdravja; • spoznati strupene vrste gliv in posledice zastrupitev z njimi; • spoznati naravovarstvene vidike zaščite ogroženih glivnih vrst v teoriji in praksi; • usposobiti se za reševanje specifičnih strokovnih problemov s področja uporabne mikologije; • usposobiti se za sporazumevanje in argumentirano razpravo v stroki in med strokami; • usposobiti se za govorno in pisno komunikacijo na strokovnem področju.	their morphological features in different stages of development; • acquisition of the basic principles of growing, harvesting and processing of medicinal fungi; • acquisition of the role of fungi in human nutrition with the focus on health promotion; • acquisition of the knowledge about poisonous fungi and poisonings due to their misuse; • to qualify for solving specific professional issues in the field of applied mycology; • to qualify for communication and argumentative discussion in the profession and among professions; • to qualify for communication and argumentative discussion in the profession and among professions.

Predvideni študijski rezultati:	**Intended learning outcomes:**
Študent/študentka: • pozna osnove sistematike in taksonomije gliv, • pozna medicinsko uporabnost slovenskih samoniklo rastočih in tujih gojenih gliv, • prepozna zdravilne, strupene in nekatere užitne gobe v različnih ekosistemih na različnih geografskih predelih Slovenije, • pozna zdravilne gobe v teoriji in praksi, • razume fiziologijo in morfologijo gliv v različnih fazah razvoja ter njihove ekološke značilnosti, • pozna naravovarstvene vidike zaščite gliv in njihov prenos v prakso, • se usposobi za vzgojo, nabiranje in predelavo zdravilnih in užitnih rastlin, • prepozna osnovne tipe zastrupitev z gobami in pozna osnove ukrepov prve pomoči pri tem.	***Students:*** • have the basic knowledge about the systematics and taxonomy of fungi, • know the medicinal importance and use of Slovenian wild-growing and foreign cultivated fungi, • develop the ability to determine medicinal, poisonous and selected edible fungi in various ecosystems in different geographical regions of Slovenia, • have the theoretical and practical knowledge about the medicinal fungi, • understand the physiology and morphology of fungi in different stages of development as well as their ecological characteristics, • have the knowledge about the conservation of plants and are able to implement them, • are trained in cultivation, harvesting and processing of the medicinal and edible plants, • are able to recognize the basic types of poisonings with fungi and possess the knowledge about the first aid measures in this context.

Metode poučevanja in učenja:	**Learning and teaching methods:**
• *Predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov). • *Terensko delo, vključno z demonstracijo gojenja gob.* Priprava in predstavitev portfolija	• *Lectures* with active student participation (explanation, discussion, questions, examples, problem solving). • *Field excursions, including the demonstration of the cultivation of fungi.* Preparation and presentation of portfolio.

Načini ocenjevanja:	Delež (v %) Weight (in %)	**Assessment:**
Načini: • izpit • izdelava, predstavitev in zagovor portfolia. Ocenjevalna lestvica: ECTS.	 60 % 40 %	Types: • exam • preparation, presentation and defence of portfolio. Grading scheme: ECTS.