



## *Section I. Information on project development*

On March 15-16, a Kick-off meeting was held at the Asfandiarov International Medical Institute in Alma-Ata, Kazakhstan, within the framework of the ERASMUS+ project on the basis of the BERNICA educational grant program.

The meeting was attended by professors-teachers from Kyrgyzstan: Osh State University, Bishkek International Medical School, from Kazakhstan: Karaganda Medical University, Asfandiarov International Medical Institute, from Tajikistan: Avicenna Medical University, Khalton State Medical University, from Uzbekistan: Tashkent Medical Academy, Bukhara State Medical Institute, from Austria JOANNEUM University and from Turkey Stambul MEDIPOL University.



At the beginning of the meeting, each higher education institution made a brief presentation about its history and achievements. During the meeting, issues such as the goals and objectives of the BERNICA project, long-term plans, as well as financial distribution were discussed.

The main goal of the project is to improve and develop the educational and research potential in the field of proper nutrition in Central Asia, in this regard, the project coordinator for Kyrgyzstan, Dr. Kenesh Djusupov spoke and answered the questions of the other participants.



From 23.06.2023 to 06.07.2023 in the boarding house “RADUGA” The Issyk-Kul recreation area of Cholpon-ota, near Bishkek, Kyrgyzstan, hosted another offline training seminar SUMMER SCHOOL .

Professor of the JOANNEUM University of Austria, President of the Austrian Society of Sports Nutrition Dr.Manuela Conrad touched upon the technical settings of the curriculum. To clarify them more specifically, through the online Zoom platform, a researcher at JOANNEUM University in Austria, a leading specialist in online learning, Mrs.Erica Pernold talked to the participants to familiarize them more closely with the basic settings of the MOODLE system, which was launched for online learning at JOANNEUM University.

After that, a researcher at the JOANNEUM University in Austria, a psychologist, a leading specialist in the field of pedagogical practice Mrs.Anastasia Sfiri spoke about the pedagogical design of the pages of the MOODLE system through the Zoom online platform.





From 06.11.2023 to 10.11.2023 in the Stambul MEDIPOL University hosted next offline training seminar in which discussed development of MOODLE and had taken feedbacks for the improving project.



As part of the “BERNICA” project of the “ERASMUS+” educational grant program, another offline training seminar was held from 15.04.2024 to 19.04.2024 at the JOANNEUM University of Applied Sciences in Graz, Austria.

During Austrian tour Anastasia Sfiri, Professor at JOANNEUM University in Austria, answered the questions of the participants, touching on the topic "How to Implement an Innovative Learning Scenario Using MOOCs as an Example". The participants were directly introduced to the health perception and food processing laboratory.

The last day of the seminar Professor of the JOANNEUM University in Austria, President of the Austrian Society of Sports Nutrition, Dr. Manuela Conrad gave the participants her recommendations and assignments. On the same day, the participants were congratulated on the successful completion of the seminar and awarded certificates.



## 1.2 EQUIPMENT

### Sonka SK-X9L Body Composition Analysis System



Sonka SK-X9L Body Composition Analysis System is a state-of-the-art scale. This scale can measure many features such as body weight, fat ratio, muscle mass, body water ratio, bone mass, basal metabolic rate and body mass index. In this way, it provides users with a detailed view of their body composition. Sonka SK-X9L also has features to be used by a dietitian or trainer. This device takes highly accurate measurements and can save your results so you can track your progress. It can also provide the data needed to optimize your diet and exercise programs.

One of the advantages of Sonka SK-X9L is that it is non-invasive. That is, it does not require any needles or invasive procedures to measure body fat percentage.



### I.3. DISSEMINATION

#### literary sources

At the Bukhara State Medical University clinic, information leaflets on nutritional support are provided to patients. These leaflets are based on monographs acquired as part of the BERNICA project, including:

- Fundamentals of Food, Nutrition & Diet Therapy, 5th Edition by S.R.Mudambi (2021)
- Krause and Mahan's Food and the Nutrition Care Process, 16th Edition by Janice L. Raymond (2022)
- Nutritional Foundations and Clinical Applications, 8th Edition by Michele Grodner (2023).

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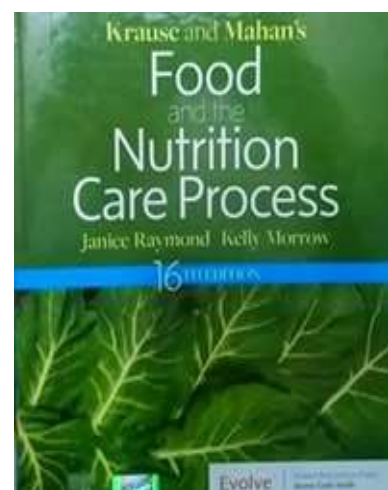
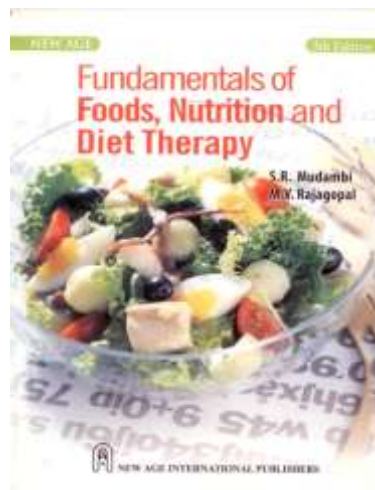
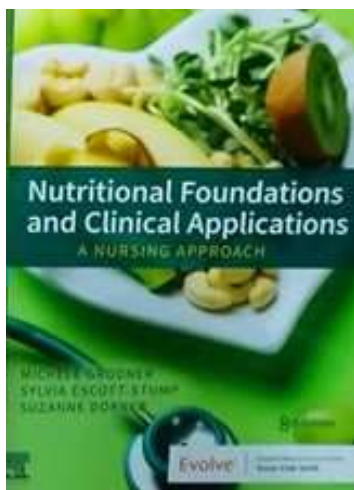
### BODY COMPOSITION

Description	Women	Men
General fat	14-15%	2-7%
Visceral	14-20%	0-10%
Trunk	2-22%	14-17%
Appendages	20-25%	10-24%
Obesity	>25%	>10%

- Adipose tissue distribution usually varies among men and women.
- It is an incorrect approach to evaluate individuals with sarcopenic obesity or normal/low BMI but with increased fat percentage and decreased lean body mass based on BMI alone.

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- In some cases, it can be misleading to evaluate only with BMI...
- It can't measure **location of fat** (e.g., belly fat is linked with greater health risks), muscle mass, or bone mass—all of which contribute to weight.



**OBESITY IS THE PLAGUE OF THE CENTURY**

**Signs of Obesity:** Body mass index more than 30, Waist circumference should be more than 90 cm for women and 100 cm for men, Cardiovascular profile (elevated, increased heart rate during light physical activity), Mood swings, Getting nervous.

**Causes of Obesity:** Age, Hormonal changes, Sedentary lifestyle, Hereditary predisposition, Overeating, Metabolic disorders, Stress situations, Harmful habits.

**Prevalence Statistics:** 41% of women, 23% of men, 64% of children, 70% of adolescents, 74% of the adult, 44% of the elderly.

**What to eat for a balanced diet**

**Grains and bakery products:** Cereals, White bread, Bun products, Pasta (whole grain), Rice (brown), First-time (liquid foods) Milk, potatoes, corn, legume and pulses.

**Meat:** Fatty meats, Fish, Poultry.

**Cereals and cereals:** Muesli and bran products.

**Fruits:** Sweet fruits and berries, green, black, orange.

**Sweets:** Sugar, honey, jam, cocoa, candies.

**Drinks:** Sweetened and carbonated, Beer and wine, Soft drinks, Energy drinks.

**Vegetables and Legumes:** Cooked vegetables, Beans, Lentils, Peas, Soybeans, Tofu, Nuts, Seeds, Olive oil, Avocado, Sunflower oil, Sesame oil, Coconut oil, Margarine.

**Protein sources:** Eggs, Fish, Poultry, Tofu, Nuts, Seeds, Olive oil, Avocado, Sunflower oil, Sesame oil, Coconut oil, Margarine.

**BMI Scale:** Less than 18.5 (Underweight), 18.5-24.9 (Normal weight), 25-29.9 (Overweight), 30-34.9 (Severely obese), 35-39.9 (Morbidly obese), 40 and over (Very severely obese).

We conducted a number of lectures and practical classes for students and doctors of polyclinics. And we also held a training seminar for athletes on the topic of sports nutrition.



№	№№	Таблицы	Таблицы	Итого
1	1000000000	1000000000	1000000000	1000000000
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3	1000000000	1000000000	1000000000	1000000000
4	1000000000	1000000000	1000000000	1000000000
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14	1000000000	1000000000	1000000000	1000000000
15	1000000000	1000000000	1000000000	1000000000



## Section 2. The meaning of feedback

ENHANCING SYLLABUS DEVELOPMENT THROUGH FEEDBACK. A STEP IN THE ERASMUSPLUS BERNICA PROJECT

Why feedback collection is a necessary tool?



At the early stages of syllabus development, gathering feedback allows us to identify gaps, inconsistencies, and areas for improvement. By involving stakeholders, whether educators, students, or practitioners, we can fine-tune our syllabi to meet their needs effectively.

**The Erasmus plus BERNICA project** aims to create syllabi that are not only academically rigorous but also relevant to real-world contexts. Feedback from students, academics, practitioners and industry experts ensures that our syllabi align with current trends, practices, and challenges. Moreover, constructive feedback enables us to enhance the overall learning experience for students. By addressing concerns and incorporating valuable suggestions, we can create syllabi that engage learners, foster critical thinking, and promote practical skills.

### *Section 3. Pedagogical innovations in education*

#### USING AHASLIDES INFORMATION TECHNOLOGY IN TRAINING BACHELORS, INTERNS AND RESIDENTS



AhaSlides offers a program Live Quiz Maker, which allows you to create and conduct your quizzes online or offline. The operating principle is simple: you create your own questions for a quiz, configure parameters, and then post it for your members. Your students will join to the quiz from your mobile devices and will be able to answer each question as it is presented. Students can answer quiz questions individually or in groups. Points are calculated for each player or teams and are announced at the end of the quiz. A free AhaSlides account allows you to create and host quizzes for up to 7 players.

Quiz creation tools include a wide range of features, including:.

- Team play: players work in teams, to answer the quiz questions.
- Rotating wheel: use the spinning wheel to select random results, names or tasks.
- Adding audio (paid version): You can add audio files to tests and create musical tasks.
- Independent work: Assign tests as homework so students can work at their own pace.
- Change points: you can add or remove points manually.
- Reactions: Use emoji icons to express and convey emotions.
- Profanity filter: automatically blocks obscene words in player responses.
- Background: upload your own images and GIFs for use as slide backgrounds or import them from the AhaSlides library.
- Reports: allow you “see the level of involvement, the correct answers and difficult questions of your test in one place.”
- Custom link: allows you to create unique custom links for your tests, to share them with your players.
- Templates: Get free access to pre-designed Live quiz templates.

To assign independent work you need in the settings in the section “Who takes the initiative to choose the option – Independently.” Then in the main menu find “Share, copy the link and send to students.” Your students can join to your quiz on their mobile devices. Participants open the quiz, write your name or choose a team. You accompany participants on each task, while AhaSlides automatically tallies their scores and announces the winner at the end.

You can also use AhaSlides in synchronous remote learning mode. You can use AhaSlides and for student collaboration, when you invite them to edit your presentation. They can fully enjoy customize them. After sending the invitation, the student accesses the link provided, creates his account in AhaSlides and starts editing. All changes are visible to all participants, and the teacher or group leader can always accept decision on the most optimal project option.

You can create an online presentation from scratch or download your PowerPoint or PDF presentation. You get the opportunity create any number of questions students. You can also organize teams.

## ***BSMI BERNICA TEAM***

<b>Dr Gaukhar Jarylkasinova</b> Manager	Team leader. Project management at BSMI	DSc ,Vice rector for academic affairs at BSMI. She has an experience in international project management gained through her participation in different Tempus, Erasmus+, JICA and other projects. Communication skills - perfect communicative and social skills gained through work related experience, assertive.
<b>Dr Rano Yuldashova</b> Teacher/ Researcher	Trainee in curriculum development. Development of N&D course/module with all teaching materials Teaching	MD. PhD. Senior Lecturer in Environmental Health. She has extensive experience in participating in such international projects as «Modehed», «Childca», «Harmonee». Communication skills - responsible, friendly, brings everything started to the end, communicative.
<b>Dr Dilnoza Khasanova</b> Teacher/ Researcher	Trainee in curriculum development. Development of N&D course/module with all teaching materials Teaching	DSc , Head of the international faculty, lecturer of anatomy department . Has experience of participating in similar international projects. Outgoing, friendly, executive and responsible, she also has excellent communication and social skills.
<b>Dr Ulugbek Turdiev</b> Teacher/ Researcher	Trainee in curriculum development. Development of N&D course/module with all teaching materials Teaching	Assistant of the department rehabilitation and sport medicine. Outgoing, friendly, executive and responsible, he also has excellent communication and social skills.
<b>Dr Firuz Umarov</b> Teacher/ Researcher	Trainee in curriculum development. Development of N&D course/module with all teaching materials Teaching	Assistant of the department rehabilitation and sport medicine. Outgoing, friendly, executive and responsible, he also has excellent communication and social skills.
<b>Dr Orzibek Baxriddinov</b> Teacher/ Researcher	Trainee in curriculum development. Development of N&D course/module with all teaching materials Teaching	Assistant of the department rehabilitation and sport medicine. Outgoing, friendly, executive and responsible, he also has excellent communication and social skills.