

Course unit title:	Dietetics and Nutrition		
Course unit code:	NUR203		
Type of course unit:	Compulsory		
Level of course unit:	Bachelor (1st Cycle)		
Year of study:	Compulsory		
Semester when the unit is delivered:	3 (Fall)		
Number of ECTS credits allocated :	5		
Name of lecturer(s):	Dr Stalo Papoutsou		
Learning outcomes of the course unit:	<ol style="list-style-type: none"> <li>1. Define the principles of Dietetics, list all the essential food elements, including macronutrients and micronutrients, describe elements' functions within the human body and define the components of a balanced diet especially for the Mediterranean Diet</li> <li>2. Identify nutritional deficiencies and explain the different nutritional needs of different age groups as well as those of vulnerable population groups</li> <li>3. Explain how to assess nutritional status of a patient and interpret the results of the assessment methods</li> <li>4. Relate common metabolic diseases to nutritional status. Identify the consequences of malnutrition either because of excessive nutrient intakes or undernourishment</li> <li>5. Develop skills and knowledge on general principles of diet therapy especially concerning enteral and parenteral feeding</li> <li>6. Learn the importance of diet prevention, therapy and intervention in chronic diseases and nutritional disorders.</li> </ol>		
Mode of delivery:	Face-to-face		
Prerequisites:	None	Co-requisites:	None
Recommended optional program components:	None		
Course contents:	<ul style="list-style-type: none"> <li>• <b>Key terms of nutrition:</b> food, nutrients, digestion, absorption, transportation and excretion</li> <li>• <b>The major nutrients:</b> food sources, definition, their roles in the human body and consequences of deficiency</li> <li>• <b>Macronutrients:</b> proteins, carbohydrates, fat and water</li> <li>• <b>Micronutrients:</b> vitamins and minerals</li> <li>• <b>Energy contribution:</b> macronutrients and micronutrients contribution to the total energy pool and their function as coenzymes or co-catalysts in metabolism's paths</li> <li>• <b>Mediterranean diet:</b> recommendations, characteristics and its protective effect against cancer and metabolic diseases.</li> <li>• <b>Nutrition:</b> nutrient requirements and techniques to avoid deficiencies through life circle and obtain optimal growth and/or maintain health, infancy, childhood, adolescence, adulthood, pregnancy, breastfeeding and elderly ages</li> <li>• <b>Diet:</b> common metabolic diseases associated with overabundant intake. Prevention and diet therapy.</li> </ul>		

	<ul style="list-style-type: none"> <li>• <b>Diagnostic criteria:</b> marasmus, kwashiorkor and eating disorders i.e. anorexia nervosa. Etiology and prognosis.</li> <li>• <b>Nutritional assessment:</b> tools and techniques, history, nutrient intake analysis, anthropometry, body composition, laboratory data, somatic indicators and physical signs of malnutrition.</li> <li>• <b>Nutrition support:</b> the delivery of formulated enteral or parenteral nutrients to appropriate patients for the purpose of maintaining or restoring nutritional status. Algorithms and criteria for enteral route and for formula selection according to patient's condition</li> <li>• <b>Nutritional disorders and chronic diseases:</b> Obesity, anorexia nervosa, cancer, diabetes, CVD: nutritional prevention and diet therapy</li> </ul>
Recommended and/or required reading:	Diet in Modern Society (and in Cyprus); Thalia Avraam, Despoina Avraam. Diet in Modern Society. Nicosia, 2009 (Independent editors) & How nutritional needs differ by age stage; Antonis Zampelas. Nutrition in life stages. Athens: Paschalides Medical Publisher, 2003
Textbooks:	<ol style="list-style-type: none"> <li>1. Kathleen Mahan and Janice L Raymond <b>Krause's Food &amp; the Nutrition Care Process 14<sup>th</sup> edition</b> Saunders, 2017</li> <li>2. Antonis Zampelas. <i>Clinical Dietetics and Nutrition</i>. Athens: Paschalides Medical Publisher, 2007</li> </ol>
References:	<ol style="list-style-type: none"> <li>1. Nicolaos Katsilambros, Charilaos Dimosthenopoulos, Meropi Kontogianni, Evangelia Manglara, Kalliopi Anna Poulia, <b>Clinical Nutrition in Practice</b>, Wiley-Blackwell, 2010</li> <li>2. Sareen S. Gropper, Jack L. Smith, James L. Groff. <b>Advanced Nutrition and Human Metabolism</b>. Athens: Paschalides Medical Publisher, 2008.</li> <li>3. Mary Courtney Moore. <b>Pocket Guide To Nutritional Care</b>. Athens: Beta Medical Publisher, 2005 (Greek edition)</li> </ol>
Planned learning activities and teaching methods:	The course is delivered to the students by means of lectures, conducted with the help of computer-based presentations. Lecture notes and presentations are available through the web and other electronic means for students to use in combination with the textbooks.
Assessment methods and criteria:	<ul style="list-style-type: none"> <li>• Participation 10%</li> <li>• Test 30%</li> <li>• Assignment 10%</li> <li>• Final Exam 50%</li> </ul>
Language of instruction:	Greek
Work placement(s):	No