

Undergraduate Studies Programme Synopsis - Academic Year of 2022-2023

1st Year - 1st Semester of Studies (winter period)								
Nr.	Code	Course Title	Course Type	Teaching Hours/Week			Workload	ECTS
				Lect.	Lab Exer.	Tut.		
01	1101	General and Inorganic Chemistry	C	3	2		125	5
02	1102	Biology	C	3	2		125	5
03	1103	Biostatistics	C	3	2		125	5
04	1104	Human Physiology	C	3			125	5
05	1105	Introduction to Food Science and Nutrition	C	2		1	150	6
06	1106	English Terminology I	C	2		2	100	4
Summaries of mandatory prerequisites				16	6	3	750	30
C: Compulsory Course								

1st Year - 2nd Semester of Studies (spring period)								
Nr.	Code	Course Title	Course Type	Teaching Hours/Week			Workload	ECTS
				Lect.	Lab Exer.	Tut.		
01	2101	Organic Chemistry	C	2	2		125	5
02	2102	Food Microbiology	C	3	2		150	6
03	2103	Introduction to Psychology	C	2		1	100	4
04	2105	Nutritional Assessment	C	2	2		150	6
05	2107	English Terminology II	C	2		2	100	4
06	2108	Physical Activity, Mental Health and Quality of Life	C	2		1	125	5
Summaries of mandatory prerequisites				13	6	4	750	30
C: Compulsory Course								

2nd Year - 3rd Semester of Studies (winter period)								
Nr.	Code	Course Title	Course Type	Teaching Hours/Week			Workload	ECTS
				Lect.	Lab Exer.	Tut.		
01	3101	Food Chemistry And Analysis	C	2	2		125	5
02	3102	Biochemistry	C	3	2		125	5
03	3103	Research Methods	C	3		1	125	5
04	3104	Nutrition Through the Life Cycle	C	3		2	125	5
05	3105	Metabolism I	C	2		1	125	5
06	3106	Nutrition Education	C	2		1	125	5
Summaries of mandatory prerequisites				15	4	5	750	30
C: Compulsory Course								

2nd Year - 4th Semester of Studies (spring period)								
Nr.	Code	Course Title	Course Type	Teaching Hours/Week			Workload	ECTS
				Lect.	Lab Exer.	Tut.		
01	4101	Food Toxicology	C	3			100	4
02	4102	Introduction to Clinical Nutrition-Dietetics	C	2	1		100	4
03	4103	Exercise Physiology	C	3	1		100	4
04	4104	Metabolism II	C	2		1	125	5
05	4105	Nutritional Epidemiology	C	3		1	125	5
06	4106	Nutrition Counseling and Interpersonal Skills	C	2		1	75	3
07	4107	Pathophysiology	C	3			125	5
Summaries of mandatory prerequisites				18	2	3	750	30
C: Compulsory Course								

3rd Year - 5th Semester of Studies (winter period)								
Nr.	Code	Course Title	Course Type	Teaching Hours/Week			Workload	ECTS
				Lect.	Lab Exer.	Tut.		
01	5101	Clinical Nutrition I	C	3	2		150	6
02	5102	Molecular Biology	C	2	2		125	5
03	5103	Sports Nutrition	C	3	2		150	6
04	5104	Introduction to Systematic Reviews	C	3			75	3
05	5105	Pediatric Nutrition	C	2			75	3
06	5106	Introduction to Evidence-based Practice in Health Sciences	C	3		1	100	4
07	5107	Pharmacology	CE	2			75	3
08	5108	Developmental Psychology I	E	2		1	75	3
09	5109	Ethics and Deontology	CE	2			75	3
10	5110	Applied Anatomy	E	3			125	5
11	5121	Introduction to Entrepreneurship	E	3			150	6
Summaries of mandatory prerequisites				18	6	1	750	30

C: Compulsory Course. E: Elective Course (credits are accounted above the minimum of 30 ECTS per each semester of studies).

CE: Compulsory Elective Course (students must select 1 of 2 CE courses - 3 ECTS are accounted).

To be able to continue to the 3rd year of studies, a student must have accumulated at least 70 ECTS from courses of the first 2 years of studies.

3rd Year - 6th Semester of Studies (spring period)								
Nr.	Code	Course Title	Course Type	Teaching Hours/Week			Workload	ECTS
				Lect.	Lab Exer.	Tut.		
01	6101	Artificial Nutrition	C	2			75	3
02	6102	Public Health Nutrition	C	2		1	125	5
03	6103	Clinical Exercise Physiology	C	2	2		125	5
04	6104	Technology, Safety and Quality Control of Food	C	2	2		125	5
05	6105	Clinical Nutrition II	C	3	2		150	6
06	6106	Developmental Psychology II	E	2		1	75	3
07	6107	Functional Foods	CE	2			75	3
08	6108	Marketing of Products and Services	CE	2			75	3
09	6109	Health Education	E	2		1	75	3
10	6111	Pathophysiology of Metabolic and Cardiovascular Diseases and Gastrointestinal System	E	3			125	5
11	6112	Nutritional Anthropology	CE	2			75	3
12	6121	Development of Business Plans	E	3			150	6
13	6122	Health Economics	E	2			75	3
14	6123	Food History and Health	E	2			75	3
Summaries of mandatory prerequisites				15	6	1	750	30
C: Compulsory Course. E: Elective Course (credits are accounted above the minimum of 30 ECTS per each semester of studies).								
CE: Compulsory Elective Course (students must select 2 of 3 CE courses - 6 ECTS are accounted).								

4th Year - 7th Semester of Studies (winter period)								
Nr.	Code	Course Title	Course Type	Teaching Hours/Week			Workload	ECTS
				Lect.	Lab Exer.	Tut.		
01	7101	Nutrigenetics - Nutrigenomics	C	3			125	5
02	7102	Nutrition and Aging	C	2		1	125	5
03	7103	Nutritional Management of Disease in Childhood and Adolescence	C	3			125	5
04	7104	Psychology and Nutrition	CE	2			75	3
05	7105	Scientific/Academic Writing Using ICT	CE	2			75	3
06	7106	Research and Development of New Products	CE	2			75	3
07	7107	Current Research Topics in Nutrition and Exercise	CE	2			75	3
08	7108	Free Radicals and Antioxidants in Nutrition	CE	2			75	3
09	7109	Hygiene and Food Service Management	CE	2			75	3
10	7110	Genetic Predisposition and Lifestyle - Critical Review of the Literature using ICT	CE	2			75	3
11	7111	Educational Psychology	E	2			75	3
12	7112	Teaching Life Skills in Education	E	2			75	3
13	7113	Modern Pedagogical Trends	E	2			75	3
14	7114	School Teaching Practice in Primary and Secondary Education Units	E	4			100	4
15	7121	Bioinformatics	E	2			75	3
Summaries of mandatory prerequisites				18		1	750	30
C: Compulsory Course. E: Elective Course (credits are accounted above the minimum of 30 ECTS per each semester of studies).								
CE: Compulsory Elective Course (students must select 5 of 7 CE courses - 15 ECTS are accounted).								

4th Year - 8th Semester of Studies (spring period)					
Nr.	Code	Course Title	Course Type	Duration	ECTS
01	TH	Thesis	C	(at least 4 months)	12
02	PL	Placement for Practical Training	C	5 months	18
Summaries of mandatory prerequisites					30
Students can begin their Placement (for practical training) and their Thesis at anytime within the 4th year of studies.					
For starting a Thesis: Condition is that students must have complete at least 120 ECTS and have completed the 6th semester.					
For starting a Placement: (see Appendix I below).					

Lect.: Lecture, Lab Exer.: Laboratory Exercises (attendance book is kept), Tut.: Tutoring
Every Compulsory Elective Course (CE) has a duration of 2 hours and accounts for 3 ECTS.
Every Elective Course (E) is optional, while its credit units (ECTS) are accounted above the minimum of 30 ECTS per each semester of studies.

Appendix I				
Prerequisite courses for being able to start the compulsory Placement for practical training				
(Further condition is that students must have complete at least 135 ECTS)				
Nr.	Code	Course Title	Semester	ECTS
01	1105	Introduction to Food Science and Nutrition	1st	6
02	2105	Nutritional Assessment	2nd	6
03	3101	Food Chemistry And Analysis	3rd	5
04	3104	Nutrition Through the Life Cycle	3rd	5
05	3105	Metabolism I	3rd	5
06	3106	Nutrition Education	3rd	5
07	4102	Introduction to Clinical Nutrition-Dietetics	4th	4
08	4104	Metabolism II	4th	5
09	4107	Pathophysiology	4th	5
10	5101	Clinical Nutrition I	5th	6
11	5103	Sports Nutrition	5th	6
12	5105	Pediatric Nutrition	5th	3
13	6101	Artificial Nutrition	6th	3
14	6104	Technology, Safety and Quality Control of Food	6th	5
15	6105	Clinical Nutrition II	6th	6