

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	3			75	3
06	5106	Introduction to Evidence-based Practice in Health Sciences	C	3		1	100	4
07	5107	Pharmacology	CE	3			75	3
08	5108	Developmental Psychology I	E	2		1	75	3
09	5109	Ethics and Deontology	CE	3			75	3
10	5110	Applied Anatomy	E	3			125	5
11	5121	Introduction to Entrepreneurship	E	3			150	6
Summaries of mandatory prerequisites				20	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	3			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	3			75	3
08	6108	Marketing of Products and Services	CE	3			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	3			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				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 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	3			75	3
05	7105	Scientific/Academic Writing Using ICT	CE	3			75	3
06	7106	Research and Development of New Products	CE	3			75	3
07	7107	Current Research Topics in Nutrition and Exercise	CE	3			75	3
08	7108	Free Radicals and Antioxidants in Nutrition	CE	3			75	3
09	7109	Hygiene and Food Service Management	CE	3			75	3
10	7110	Genetic Predisposition and Lifestyle - Critical Review of the Literature using ICT	CE	3			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				23		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
Each Compulsory Elective Course (CE) has a duration of 3 hours and accounts for 3 ECTS.
Each Elective Course (E) is optional, while its credit units (ECTS) are accounted above the minimum of 30 ECTS per each semester of studies.

<b>Appendix I</b> <b>Prerequisite courses for being able to start the compulsory Placement for practical training</b> <b>(Further condition is that students must have complete at least 135 ECTS)</b>				
<b>Nr.</b>	<b>Code</b>	<b>Course Title</b>	<b>Semester</b>	<b>ECTS</b>
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