

Course Outline: “4102 - Introduction to Clinical Nutrition - Dietetics”

1. General information

FACULTY/SCHOOL	Physical Education, Sport Science & Nutrition		
DEPARTMENT	Nutrition & Dietetics		
LEVEL OF STUDY	Undergraduate		
COURSE UNIT CODE	4102	SEMESTER	4th
COURSE TITLE	Introduction to Clinical Nutrition - Dietetics		
INDEPENDENT TEACHING ACTIVITIES in case credits are awarded for separate components/parts of the course, e.g. in lectures, laboratory exercises, etc. If credits are awarded for the entire course, give the weekly teaching hours and the total credits		WEEKLY TEACHING HOURS	CREDITS
Lectures		2	
Laboratory Exercises		1	
<i>Add rows if necessary. The organization of teaching and the teaching methods used are described in detail under section 4</i>		3	4
COURSE TYPE <i>Background knowledge, Scientific expertise, General Knowledge, Skills Development</i>	Scientific expertise Skills Development		
PREREQUISITE COURSES	No		
LANGUAGE OF INSTRUCTION	GREEK		
LANGUAGE OF EXAMINATION/ASSESSMENT	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	No		
COURSE WEBSITE (URL)			

2. LEARNING OUTCOMES

<p>Learning Outcomes</p> <p><i>The course learning outcomes, specific knowledge, skills and competences of an appropriate (certain) level, which students will acquire upon successful completion of the course, are described in detail. It is necessary to consult: Συμβουλευτείτε το APPENDIX A</i></p> <ul style="list-style-type: none"> • <i>Description of the level of learning outcomes for each level of study, in accordance with the European Higher Education Qualifications' Framework.</i> • <i>Descriptive indicators for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and APPENDIX B</i> <p>• <i>Guidelines for writing Learning Outcomes</i></p> <p>Through this course students will be trained on the basic principles of clinical nutrition and dietetics. The course combines theoretical and practical information/case studies which are needed for the dietitian-nutritionist.</p> <p>Upon the completion of the course students are expected to be able to:</p> <ol style="list-style-type: none"> 1) Understand and implement the nutrition care process. 2) Identify patients at high nutritional risk, conduct nutritional assessment and use this information to design diet plans. 3) Design personalized diet plans and nutrition interventions for adults with malnutrition or obesity.
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General Competences

Taking into consideration the general competences that students/graduates must acquire (as those are described in the Diploma Supplement and are mentioned below), at which of the following does the course attendance aim?

Search for, analysis and synthesis of data and information by the use of appropriate technologies,
Adapting to new situations Decision-making
Individual/Independent work Group/Team work Working in an international environment Working in an interdisciplinary environment Introduction of innovative research

Project planning and management Respect for diversity and multiculturalism Environmental awareness Social, professional and ethical responsibility and sensitivity to gender issues Critical thinking Development of free, creative and inductive thinking (Other.....citizenship, spiritual freedom, social awareness, altruism etc.)

- Search for, analysis and synthesis of data and information
- Adapting to new situations
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3. COURSE CONTENT

Indicative topics to be covered:

1. Nutrition care process
2. Nutritional assessment and nutritional risk assessment in patients
3. Nutrition intervention: design of diet plans
4. Adaptation of diet
5. Nutrition in hospital or other medical centers
6. Malnutrition
7. Obesity

4. TEACHING METHODS - ASSESSMENT

MODES OF DELIVERY <i>Face-to-face, in-class lecturing, distance teaching and distance learning etc..</i>	Face-to-face	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGY <i>Use of ICT in teaching, Laboratory Education, Communication with students</i>	<ul style="list-style-type: none"> • Software to assess nutritional intake • eClass 	
COURSE DESIGN <i>Description of teaching techniques, practices and methods: Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, Internship, Art Workshop, Interactive teaching, Educational visits, projects, Essay writing, Artistic creativity, etc. The study hours for each learning activity as well as the hours of self-directed study are given following the principles of the ECTS.</i>	Activity/Method	Semester workload
	Lectures	30
	Lectures/practice	30
	Personal Study	40
	Total	100
STUDENT PERFORMANCE EVALUATION/ASSESSMENT METHODS	<p>Written final exam (70%) which includes:</p> <ul style="list-style-type: none"> • Multiple choice questions 	

<p><i>Detailed description of the evaluation procedures:</i></p> <p><i>Language of evaluation, assessment methods, formative or summative (conclusive), multiple choice tests, short- answer questions, open-ended questions, problem solving, written work, essay/report, oral exam, presentation, laboratory work, other.....etc.</i></p> <p><i>Specifically defined evaluation criteria are stated, as well as if and where they are accessible by the students.</i></p>	<ul style="list-style-type: none"> • Short- answer questions <p>Laboratory work (projects): 30%</p>
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5. SUGGESTED BIBLIOGRAPHY

-Suggested bibliography:

1. Zampelas A. Clinical Nutrition and Dietetics. Paschalides Medical Publisher. 2007.
2. Mahan LK, Escott-Stump S, Krause's Food, Nutrition and Diet Therapy, 13th Edition. Philadelphia: Saunders, 2011
3. 4. Kontogianni M et al. Handbook of Clinical Nutrition, 2015 (www.kallipos.gr).
5. Fischbach F. Manual of laboratory and diagnostic tests. Paschalides Medical Publisher., 1999