

Course Outline: "4104 - Metabolism II"

1. General information

FACULTY/SCHOOL	School of Physical Education, Sport Science & Dietetics		
DEPARTMENT	Department of Nutrition and Dietetics		
LEVEL OF STUDY	Undergraduate		
COURSE UNIT CODE	4104	SEMESTER	4th
COURSE TITLE	Metabolism II		
INDEPENDENT TEACHING ACTIVITIES		WEEKLY TEACHNG HOURS	CREDITS
Theory		2	
Tutorials		1	
		3	5
COURSE TYPE	Background Knowledge Scientific Expertise		
PREREQUISITE COURSES	No		
LANGUAGE OF INSTRUCTION	GREEK		
LANGUAGE OF EXAMINATION/ASSESSMENT	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	Yes		
COURSE WEBSITE (URL)	https://eclass.uth.gr/courses/DND_U_236/		

2. LEARNING OUTCOMES

Learning Outcomes
<p>Upon successful completion of the course, the student will be able to understand:</p> <ul style="list-style-type: none"> • the functions of digestion, absorption, bioavailability and metabolism of micronutrients • the connection of nutrition and metabolism of micronutrients with the functioning of body • the correlation of micronutrient metabolism with the development of diseases
General Competences
<ul style="list-style-type: none"> • Acquisition of the appropriate theoretical cognitive background so that further education is possible • Search for, analysis and synthesis of data and information • Promotion of free, creative and deductive thinking • Working in an interdisciplinary environment • Individual/Independent work

3. COURSE CONTENT

<ul style="list-style-type: none"> • Body fluids and eletrolytes balance • Acid-Base balance • Water-soluble vitamins • Fat-soluble vitamins • Trace elements
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4. TEACHING METHODS - ASSESSMENT

MODES OF DELIVERY	Face-to-face	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGY	-Use of PowerPoint presentation program during the educational process -Support of the Learning Process through the e-class platform -Communication with the students via email	
COURSE DESIGN	<i>Activity/Method</i>	<i>Semester workload</i>
	Lectures	40
	Study and analysis of bibliography	20
	Self-directed Study	65
	<i>Total</i>	125
STUDENT PERFORMANCE EVALUATION/ASSESSMENT METHODS	Written final exam (100%) which includes: - Multiple choice questions - Short-answer questions	

5. SUGGESTED BIBLIOGRAPHY

- Διατροφή και Μεταβολισμός. Gropper S., Smith J., Groff J. Broken Hill Publishers Ltd, 2008
- Βιοχημεία στην ιατρική 2 Μεταβολικά Διαγράμματα. Διονυσίου-Αστερίου Αλεξάνδρα, Τρούγκος Κωνσταντίνος. Broken Hill Publishers Ltd, 2003
- Διατροφή και Μεταβολισμός. Σκενδέρη Κ., Συντώσης Λ. Broken Hill Publishers Ltd, 2016