Course Outline: "4105 - Nutritional Epidemiology"

1. General information

FACULTY/SCHOOL	Physical Education, Sport Science & Nutrition		
DEPARTMENT	Nutrition & Dietetics		
LEVEL OF STUDY	Undergraduate		
COURSE UNIT CODE	4105	**SEMESTER**	4th
COURSE TITLE	**Nutritional Epidemiology**		

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 TEACHNG HOURS**	**CREDITS**
Lectures	3	
Tutoring	1	
Add rows if necessary. The organization of teaching and the teaching methods used are described in detail under section 4	**4**	**5**

COURSE TYPE *Background knowledge, Scientific expertise, General Knowledge, Skills Development*	Scientific expertise
PREREQUISITE COURSES	non
LANGUAGE OF INSTRUCTION	Greek
LANGUAGE OF EXAMINATION/ASSESSMENT	Greek
THE COURSE IS OFFERED TO ERASMUS STUDENTS	Yes
COURSE WEBSITE (URL)	

2. LEARNING OUTCOMES

Learning Outcomes

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
- *Description of the level of learning outcomes for each level of study, in accordance with the European Higher Education Qualifications' Framework.*
- *Descriptive indicators for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and*

APPENDIX B
- *Guidelines for writing Learning Outcomes*

The section examines the different research designs used in nutritional research and how nutritional assessment methods can be applied in a research environment with an emphasis on nutritional epidemiology. The course also includes a review of recent dietary knowledge and other risk factors as causative agents of disease. The course is designed to enable the student to conduct epidemiological research in the field of nutrition and/or student to be able to interpret research findings (review of the scientific literature) related to diet.

Upon successful completion of the course the student will be able to:
- know and interpret risk assessment measures and disease frequency measures
- select the most appropriate epidemiological study design to be able to investigate the relationship between diet and health status
- identify the strengths and weaknesses of any research study design
- understand the impact of study limitations on the results of research investigating all nutrition-related research hypotheses
- evaluate the scientific findings of the international literature

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?

- Individual/Independent work Group
- Team work
- Decision making
- Production of new research ideas
- Search for, analysis and synthesis of data and information by the use of appropriate technologies

3. COURSE CONTENT

Indicative:
1. Principles & history of epidemiology
2. Introduction to Nutrition Epidemiology
3. Basic concepts in Epidemiology
4. Nutritional assessment tools/validity/reliability/errors
5. Causal criteria in nutritional epidemiology (concept of mediator and confounding factor)
6. Cross-sectional studies
7. Prospective studies
8. Retrospective studies
9. Nutrition and Epidemiology of cardiovascular diseases
10. Nutrition and Epidemiology of cancer
11. Nutrition and Epidemiology of neurological and psychiatric diseases
12. Exercises - examples

5. TEACHING METHODS - ASSESSMENT

MODES OF DELIVERY *Face-to-face, in-class lecturing, distance teaching and distance learning etc..*	in-class lecturing, distance guidance
USE OF INFORMATION AND COMMUNICATION TECHNOLOGY *Use of ICT in teaching, Laboratory Education, Communication with students*	Communication with students via e-class

COURSE DESIGN *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.*	**Activity/Method**	**Semester workload**
	Lectures	36
	Exercises –case studies	14
	Self-directed study	75
	Total	*125*

STUDENT PERFORMANCE EVALUATION/ASSESSMENT METHODS *Detailed description of the evaluation procedures:* *Language of evaluation, assessment methods, formative or summative (conclusive), multiple*	*1.* Written examination (90%) which includes : - multiple choice- questions (MCQ) -short- answer questions Problem solving –case studies *2. In class active participation (10%)*

6. SUGGESTED BIBLIOGRAPHY

-Suggested bibliography:

Panagiotakos D.B., General and Specific per case Epidemiology, eds: M. Tsakouridou & Co O.E., 1st edition 2021, ISBN: 978-960-6619-99-1
Panagiotakos D.B. Research methodology and data analysis for health sciences., eds, Dionikos, 2011
Ann Aschengrau & George Seage III. Epidemiology. By Aggelos Hatzakis, eds, Broken Hill, 2012
Margets, B, Nelson. Design concepts in Nutritional Epidemiology. Ed Oxford University press 1997. •
Willett W. Nutritional Epidemiology. Oxford University press 1998.