

## Course Outline: “5104 - Introduction to Systematic Reviews”

### 1. General information

|  |   |                              |                       |
|--|---|------------------------------|-----------------------|
| <b>FACULTY/SCHOOL</b>  | Physical Education, Sport Science & Nutrition |                              |                       |
| <b>DEPARTMENT</b>  | Nutrition & Dietetics                         |                              |                       |
| <b>LEVEL OF STUDY</b>  | Undergraduate                                 |                              |                       |
| <b>COURSE UNIT CODE</b>  | <b>5104</b>                                   | <b>SEMESTER</b>              | <b>5<sup>th</sup></b> |
| <b>COURSE TITLE</b>  | <b>Introduction to Systematic Reviews</b>     |                              |                       |
| <b>INDEPENDENT TEACHING ACTIVITIES</b><br>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 |   | <b>WEEKLY TEACHING HOURS</b> | <b>CREDITS</b>        |
| Lectures   |   | 3                            |                       |
|  |   |                              |                       |
| <i>Add rows if necessary. The organization of teaching and the teaching methods used are described in detail under section 4</i>   |   | <b>3</b>                     | <b>3</b>              |
| <b>COURSE TYPE</b><br><i>Background knowledge, Scientific expertise, General Knowledge, Skills Development</i>   | General Knowledge                             |                              |                       |
| <b>PREREQUISITE COURSES</b>  | No  |                              |                       |
| <b>LANGUAGE OF INSTRUCTION</b>   | GREEK   |                              |                       |
| <b>LANGUAGE OF EXAMINATION/ASSESSMENT</b>  | GREEK   |                              |                       |
| <b>THE COURSE IS OFFERED TO ERASMUS STUDENTS</b>   | YES   |                              |                       |
| <b>COURSE WEBSITE (URL)</b>  |   |                              |                       |

### 2. LEARNING OUTCOMES

|  |   |   |
|--|---|---|
| <p><b>Learning Outcomes</b></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</i></p> <p><b>APPENDIX A</b></p> <ul style="list-style-type: none"> <li><i>Description of the level of learning outcomes for each level of study, in accordance with the European Higher Education Qualifications' Framework.</i></li> <li><i>Descriptive indicators for Levels 6, 7 &amp; 8 of the European Qualifications Framework for Lifelong Learning and</i></li> </ul> <p><b>APPENDIX B</b></p> <ul style="list-style-type: none"> <li><i>Guidelines for writing Learning Outcomes</i></li> </ul>   |   |   |
| <p>The course is the main introductory course on the concepts of Systematic Reviews of the literature so that students can appropriately evaluate scientific evidence and apply them in their practice. Upon successful completion of the course, the student will be able to have the required background to understand the content of all relevant courses in the following semesters. Specifically he/she will:</p> <ul style="list-style-type: none"> <li>Understand the basic principles of Systematic Reviews of the literature</li> <li>Be competent in conducting Systematic Reviews of the literature</li> </ul>  |   |   |
| <p><b>General Competences</b></p> <p><i>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?</i></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none; vertical-align: top;"> <i>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</i> </td> <td style="width: 50%; border: none; vertical-align: top;"> <i>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.) .....</i> </td> </tr> </table> | <i>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</i>                                  | <i>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.) .....</i> |
| <i>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</i>   | <i>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.) .....</i> |   |
| <ul style="list-style-type: none"> <li>Search for, analysis and synthesis of data and information</li> </ul>   |   |   |

- Critical thinking
- Adapting to new situations
- Working in an interdisciplinary environment
- Acquisition of the appropriate theoretical cognitive background so that further education is possible.

### 3. COURSE CONTENT

|   |
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| <p>Theory</p> <ol style="list-style-type: none"> <li>1. Introduction to the systematic reviews</li> <li>2. Research hypothesis and searching relevant articles in scientific databases</li> <li>3. Eligibility criteria and selection of the eligible studies</li> <li>4. Data extraction</li> <li>5. Risk of bias for observational studies</li> <li>6. Risk of bias for randomized controlled trials</li> <li>7. Data synthesis, tables and figures</li> <li>8. Meta-analysis 1: Definition, principles, models and methods</li> <li>9. Meta-analysis 2: Heterogeneity, subgroup analysis, statistical terminology</li> <li>10. Meta-analysis 3: Practice with RevMan software</li> <li>11. GRADE analysis</li> <li>12. Writing systematic reviews</li> <li>13. Revision</li> </ol> |
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### 4. TEACHING METHODS - ASSESSMENT

|  |   |                                 |
|--|---|---------------------------------|
| <p><b>MODES OF DELIVERY</b><br/><i>Face-to-face, in-class lecturing, distance teaching and distance learning etc..</i></p>   | Face to face or online synchronous teaching   |                                 |
| <p><b>USE OF INFORMATION AND COMMUNICATION TECHNOLOGY</b><br/><i>Use of ICT in teaching, Laboratory Education, Communication with students</i></p>   | eClass  |                                 |
| <p><b>COURSE DESIGN</b><br/><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></p>   | <p><b>Activity/Method</b></p>   | <p><b>Semester workload</b></p> |
|  | Lectures  | 50                              |
|  | Homework  | 15                              |
|  | Personal Study  | 10                              |
|  |   |                                 |
|  |   |                                 |
|  |   |                                 |
|  |   | <b>Total</b>                    |
| <p><b>STUDENT PERFORMANCE EVALUATION/ASSESSMENT METHODS</b><br/><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> | <p>-Written final exam (60%) which includes multiple choice questions</p> <p>- Homework 1: Searching procedure in PubMed (10%)</p> <p>- Homework 2: Data extraction (15%)</p> <p>- Homework 3: Risk of bias (15%)</p> <p>As a requirement, to count the homework performance in the final grade, the written final exam should be graded with at least 49%.</p> |                                 |

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## **5. SUGGESTED BIBLIOGRAPHY**

*-Suggested bibliography:*

The module will be supported by research paper in this field which will be uploaded on eClass