

Course Outline: "5105 - Pediatric Nutrition"

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	5105	SEMESTER	5 th
COURSE TITLE	Pediatric Nutrition		
INDEPENDENT TEACHING ACTIVITIES		WEEKLY TEACHING HOURS	CREDITS
Theory		2	3
		2	3
COURSE TYPE	General Knowledge Scientific expertise Skills Development		
PREREQUISITE COURSES	No		
LANGUAGE OF INSTRUCTION	GREEK (available in English for incoming ERASMUS students)		
LANGUAGE OF EXAMINATION/ASSESSMENT	GREEK (available in English for incoming ERASMUS students)		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	Yes		
COURSE WEBSITE (URL)	https://eclass.uth.gr/courses/DND_U_272/		

2. LEARNING OUTCOMES

Learning Outcomes
<p>Through this course students will be trained to develop skills on nutritional assessment and dietetic management of pediatric patients.</p> <p>Upon the completion of the course students are expected to be able to:</p> <ul style="list-style-type: none"> • Assess pediatric patients and identify nutritional risks • Prescribe diets and implement nutrition interventions for pediatric patients
General Competences
<ul style="list-style-type: none"> • Search for, analysis and synthesis of data and information • Adapting to new situations • Working in an interdisciplinary environment • Introduction of innovative research

3. COURSE CONTENT

<p>Indicative topics to be covered:</p> <ul style="list-style-type: none"> • Nutritional assessment and evaluation of nutritional status of children and adolescents in clinical practice and in vulnerable population groups • Assessment of growth and puberty development of children and adolescents • Management of overweight/obesity and cardiovascular risk factors in children and adolescents • Dietetic management of preterm and/or intrauterine growth retardation newborn

- Dietetic management of children and adolescents with nutritional deficiencies, growth retardation or undernutrition
- Dietetic management of young patients with feeding disorders.
- Dietetic management of children and adolescents with type 1 diabetes mellitus
- Dietetic management of children and adolescents with cystic fibrosis
- Dietetic management of children and adolescents with food allergies
- Dietetic management of children and adolescents with alimentary system disorders

4. TEACHING METHODS - ASSESSMENT

MODES OF DELIVERY	Face-to-face	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGY	- Use of Power Point presentations - Use of eClass platform - Communication with students via email	
COURSE DESIGN	Activity/Method	Semester workload
	Lectures	30
	Study and analysis of bibliography	20
	Self-directed Study	25
	Total	75
STUDENT PERFORMANCE EVALUATION/ASSESSMENT METHODS	Written final exam (100%) which includes: - Multiple choice questions - Short-answer questions	

5. SUGGESTED BIBLIOGRAPHY

1. Manual of Pediatric Nutrition (Εγχειρίδιο παιδικής διατροφής), K. Sonnevile, N.C. Duggan. ISBN 9789605830922 Επιστημονικές Εκδόσεις Παρισιάνου Α.Ε., 2015
2. Clinical pediatric dietetics (5th Edition), Shaw V. ISBN: 978-1-119-46729-8. Oxford: Wiley-Blackwell, 2020
3. Guidelines for Screening, Prevention, Diagnosis and Treatment of Dyslipidemia in Children and Adolescents, Stephen R. Daniels. Endotext [Internet]. South Dartmouth (MA): MDText.com, Inc.; 2000–2020 Jan 18. <https://pubmed.ncbi.nlm.nih.gov/27809440/>
4. Pediatrics at a glance (Η παιδιατρική με μια ματιά), Miall Lawrence, Rudolf Mary, Levene Malcolm. ISBN 978-960-394-935-0. Εκδόσεις Παρισιάνου Α.Ε., 2013
5. Obesity in Childhood and Adolescence (Η Παχυσαρκία στην Παιδική και Εφηβική ηλικία), Kiess W., Marcus C., Wabitsch M. ISBN 9789603997139. Εκδόσεις Πασχαλίδη, 2011