

Course Outline: "6102 - Public Health Nutrition"

1. General information

FACULTY/SCHOOL	Physical Education, Sport Science & Nutrition		
DEPARTMENT	Nutrition & Dietetics		
LEVEL OF STUDY	Undergraduate		
COURSE UNIT CODE	6102	SEMESTER	6th
COURSE TITLE	Public Health Nutrition		
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	
Tutoring		1	
<i>Add rows if necessary. The organization of teaching and the teaching methods used are described in detail under section 4</i>		3	5
COURSE TYPE <i>Background knowledge, Scientific expertise, General Knowledge, Skills Development</i>	Scientific expertise		
PREREQUISITE COURSES	non		
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 <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>APPENDIX A</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</i> <p>APPENDIX B</p> <ul style="list-style-type: none"> • <i>Guidelines for writing Learning Outcomes</i>
<p>Course Aim:</p> <p>The purpose of this course is to introduce students to the knowledge that nutrition for public health is a science that helps to promote the state of health of the country by changing the food and nutrition system. It focuses on the dietary needs of the population. Students will realize that nutrition for public health is the science and art of preventing disease, prolonging life, and promoting health through proper nutritional guidelines. Public health intervention strategies and programs will be discussed.</p> <p>Upon successful completion of the course the student will be able to know:</p> <ul style="list-style-type: none"> • The role of Nutrition and other environmental factors in the etiology of modern chronic diseases • The importance of reviewing Public Health and Nutrition Strategies in developed countries • Nutritional Surveillance systems • Sustainable dietary standards • Scientifically based nutritional guidelines and recommendations for vulnerable populations • Effectiveness, evaluation of Intervention and Health Promotion Programs - National Nutrition Surveys • Nutrition, health systems and Public health priorities at the international level • Dealing with food crises
<p>General Competences <i>Taking into consideration the general competences that students/graduates must acquire (as those are described in the</i></p>

<i>Diploma Supplement and are mentioned below), at which of the following does the course attendance aim?</i>	
<i>Search for, analysis and synthesis of data and information by the use of appropriate technologies,</i>	<i>Project planning and management</i>
<i>Adapting to new situations</i>	<i>Respect for diversity and multiculturalism</i>
<i>Decision-making</i>	<i>Environmental awareness Social, professional and ethical responsibility and sensitivity to gender issues</i>
<i>Individual/Independent work Group/Team work</i>	<i>Critical thinking</i>
<i>Working in an international environment</i>	<i>Development of free, creative and inductive thinking</i>
<i>Working in an interdisciplinary environment</i>	<i>(Other.....citizenship, spiritual freedom, social awareness, altruism etc.)</i>
<i>Introduction of innovative research</i>	

- Individual/Independent work Group
- Team work
- Working in an international environment
- Working in an interdisciplinary environment
- Development of free, creative and inductive thinking
- Decision making

3. COURSE CONTENT

Indicative:
1. Introduction to Nutrition and Public Health
2. Health Promotion
3. Ecological intervention strategies
4. Nutrition and food policy
5. Nutritional Surveillance
6. Nutritional guidelines
7. Food based dietary patterns and chronic disease prevention
8. Selected topics on:
1. "Intervention Studies/Programs : Chronic Diseases and Public Health" (national and International)
2. Food Loss and Waste - European programs

4. TEACHING METHODS-ASSESSMENT

MODES OF DELIVERY <i>Face-to-face, in-class lecturing, distance teaching and distance learning etc..</i>	in-class lecturing, distance guidance	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGY <i>Use of ICT in teaching, Laboratory Education, Communication with students</i>	Communication with students via e-class	
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	Semesterworkload
	Lectures	24
	In class presentations	15
	Literature search	20
	Self-directed study	66
	Total	125
STUDENT PERFORMANCE EVALUATION/ASSESSMENT METHODS <i>Detailed description of the evaluation procedures:</i>	1. Written examination (50%) which includes : - multiple choice- questions (MCQ) -short- answer questions 2. Team Powerpoint presentations (50%)	

*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.
Specifically defined evaluation criteria are stated, as well as if and where they are accessible by the students.*

5. SUGGESTED BIBLIOGRAPHY

-Suggested bibliography:

Evangelos Polychronopoulos, John Manios, Vassiliki Kostareli. Nutrition and Public Health, eds Parisianou, 2009

Antonios Zampelas, Emmanuela Magriplis, Suzana Papadopoulou. Nutrition in Public Health: Principles, Policies and Practices, ISBN: 9789925563272

www.ethnikoideiatrikoioidigoi.gr

https://www.unscn.org/files/Publications/Briefs_on_Nutrition/Brief9_EN.pdf