

Course Outline: “7103 - Nutritional Management of Disease in Childhood and Adolescence”

1. General information

FACULTY/SCHOOL	Physical Education, Sport Science & Nutrition		
DEPARTMENT	Nutrition & Dietetics		
LEVEL OF STUDY	Undergraduate		
COURSE UNIT CODE	7103	SEMESTER	7th
COURSE TITLE	Nutritional Management of Disease in Childhood and Adolescence		
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		
<i>Add rows if necessary. The organization of teaching and the teaching methods used are described in detail under section 4</i>			
	2	5	
COURSE TYPE <i>Background knowledge, Scientific expertise, General Knowledge, Skills Development</i>	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_150/		

2. LEARNING OUTCOMES

<p>Learning Outcomes</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>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> <p><i>Guidelines for writing Learning Outcomes</i></p> <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

<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>	
<p><i>Search for, analysis and synthesis of data and information by the use of appropriate technologies,</i></p> <p><i>Adapting to new situations Decision-making</i></p> <p><i>Individual/Independent work Group/Team work Working in an international environment Working in an</i></p>	<p><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</i></p>

<i>interdisciplinary environment Introduction of innovative research</i>	<i>(Other.....citizenship, spiritual freedom, social awareness, altruism etc.)</i>
<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 renal disorders • Dietetic management of children and adolescents with alimentary system disorders • Management of young patients with nutritional disorders • Management of children and adolescents with dyslipidemia
--

4. TEACHING METHODS - ASSESSMENT

MODES OF DELIVERY <i>Face-to-face, in-class lecturing, distance teaching and distance learning etc..</i>	Face-to-face	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGY <i>Use of ICT in teaching, Laboratory Education, Communication with students</i>	<ul style="list-style-type: none"> - Use of Power Point presentations - Use of eClass platform - Communication with students via email 	
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	Semester workload
	Lectures	30
	Study and analysis of bibliography	20
	Self-directed Study	25
	Total	75
STUDENT PERFORMANCE EVALUATION/ASSESSMENT METHODS <i>Detailed description of the evaluation procedures: 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.</i>	<p>Written final exam (100%) which includes:</p> <ul style="list-style-type: none"> - Multiple choice questions - Short-answer questions 	

5. SUGGESTED BIBLIOGRAPHY

-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