

Course Outline: “7104 - Psychology and Nutrition”

1. General information

FACULTY/SCHOOL	Physical Education, Sport Science & Nutrition		
DEPARTMENT	Nutrition & Dietetics		
LEVEL OF STUDY	Undergraduate		
COURSE UNIT CODE	7104	SEMESTER	7th
COURSE TITLE	Psychology and 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	
<i>Add rows if necessary. The organization of teaching and the teaching methods used are described in detail under section 4</i>		2	3
COURSE TYPE <i>Background knowledge, Scientific expertise, General Knowledge, Skills Development</i>	General knowledge		
PREREQUISITE COURSES			
LANGUAGE OF INSTRUCTION	Greek		
LANGUAGE OF EXAMINATION/ASSESSMENT	Greek		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	Yes (in English)		
COURSE WEBSITE (URL)			

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> <ul style="list-style-type: none"> <i>Guidelines for writing Learning Outcomes</i> <p>The course focuses on the psychological factors that have been associated with eating behavior across the life span, based on recent empirical evidence. The main psychological theories that have been used to interpret eating behavior are presented. The role of individual, environmental and socio-cultural factors shaping eating behavior is highlighted. Moreover, it is attempted to connect theory and practice, so that knowledge of basic psychological principles can be used to guide daily practice.</p> <p>.</p> <p>Learning outcomes</p> <p>Upon successful completion of the course, students are expected to:</p> <ul style="list-style-type: none"> To be able to use basic psychological theories for the interpretation of eating behavior To have an understanding of the factors (individual, social and cultural) that influence eating behavior To have become familiar with the main interpretative models and therapeutic approaches of eating disorders. To have acquired basic skills in locating and critically evaluating literature on a topic related to Psychology and Nutrition To be able to synthesize, document and present the contemporary views on this topic
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?

<p>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</p>	<p>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.)</p>
--	---

Search for information by the use of appropriate technologies
 Independent work – Team work
 Critical thinking
 Respect for diversity and multiculturalism
 Social, professional and ethical responsibility and sensitivity to gender issues

3. COURSE CONTENT

- Psychological theories applied to eating behavior
- The role of learning in the development of food preferences
- Emotions and Nutrition
- The impact of media on nutrition
- Food intake and personality development in infancy and childhood
- The role of the family in shaping eating habits.
- Obesity (causes/consequences)
- Factors influencing dietary choices in adolescence
- Body Image
- Eating Disorders (Epidemiology, description, etiology, consequences, treatment)
- The consequences of the COVID-19 pandemic on eating behavior

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>	Use of ICT in teaching and communication with students. E--class platform supports learning processes Utilization of the HEAL -- LINK system	
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	25
	Essay writing	25
	Study and analysis of bibliography	25
	Total	75
STUDENT PERFORMANCE EVALUATION/ASSESSMENT METHODS <i>Detailed description of the evaluation procedures:</i>	Individual presentation of an empirical study (20%). Written essay of 3,000 words (50%), and presentation of this essay (30%).	

<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>Evaluation Criteria: Selection of appropriate bibliography, synthetic presentation and critical evaluation of related information.</p>
--	---

5. SUGGESTED BIBLIOGRAPHY

-Suggested bibliography:

Ogden, J. (2010). *The Psychology of Eating (2nd ed)*. Wiley

Relative Scientific Journals

British Journal of Health Psychology

European Eating Disorders Review

Psychiatry Research

International Journal of Environmental Research and Public Health

International Journal of Eating Disorders

Body Image

Journal of Applied Developmental Psychology

Obesity

International Journal of Obesity

Journal of Pediatric Psychology