

## Course Outline: “7107 - Current Research Topics in Nutrition and Exercise”

### 1. General information

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| <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>7107</b>  | <b>SEMESTER</b>              | <b>7<sup>th</sup></b> |
| <b>COURSE TITLE</b>  | <b>Current Research Topics in Nutrition and Exercise</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   |  | 2                            |                       |
|  |  |                              |                       |
| <i>Add rows if necessary. The organization of teaching and the teaching methods used are described in detail under section 4</i>   |  | <b>2</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

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| <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 in the form of a seminar so that the student can immerse himself/herself in selected topics of multiple cognitive subjects which he/she has been taught in the last years of his/her studies.</p> <p>Upon successful completion of the course, the student will have up-to-date information on various scientific fields, in order to prepare for the job market or for the elaboration of postgraduate studies.</p> <p>The aim of the module is to facilitate the students in evaluating, comprehending, concluding and applying information on specific nutritional issues.</p> <p>On completion of this module, students are expected to be able to:</p> <ol style="list-style-type: none"> <li>1 Evaluate critically research in currently advancing aspects of nutrition.</li> <li>2 Discuss the importance of the research process to advancing nutritional science and its application.</li> </ol> |
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| <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> <p><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></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 ..... (Other.....citizenship, spiritual freedom, social awareness, altruism etc.) .....</i></p> |  |
| <ul style="list-style-type: none"> <li>• Search for, analysis and synthesis of data and information</li> <li>• Adapting to new situations</li> <li>• Working in an interdisciplinary environment</li> <li>• Development of free, creative and inductive thinking</li> <li>• Introduction of innovative research</li> </ul>  |  |

### 3. COURSE CONTENT

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| <p>The module is flexible and dependent on what areas have contemporary interest. <b>Indicative</b> topics of lectures:</p> <ol style="list-style-type: none"> <li>1. Endocrine disruptors and puberty</li> <li>2. Evidence-based practice</li> <li>3. The effects of the pandemic on mental health and eating behavior</li> <li>4. Nutrition and Oxidative Stress</li> <li>5. Diet, exercise and Parkinson's disease - new data</li> <li>6. Ketogenic diet and health</li> <li>7. Vegan diet and health</li> </ol> |
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### 4. TEACHING METHODS - ASSESSMENT

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| <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  |   |
| <p><b>USE OF INFORMATION AND COMMUNICATION TECHNOLOGY</b><br/><i>Use of ICT in teaching, Laboratory Education, Communication with students</i></p>   | Learning support through the online eClass platform             |   |
| <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> | <b>Activity/Method</b>  | <b>Semester workload</b>  |
|  | Lectures  | 50  |
|  | Personal Study  | 25  |
|  |   |   |
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|  |   |   |
|  | <b>Total</b>  | <b>75</b>   |
|  | <p><b>STUDENT PERFORMANCE EVALUATION/ASSESSMENT METHODS</b></p> | <p>Written final exam (100%) which includes:<br/>-Multiple choice questions</p> |

*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.*

## **5. SUGGESTED BIBLIOGRAPHY**

*-Suggested bibliography:*

- Selected papers (PUBMED, Scopus, Google Scholar etc) of contemporary interest in diverse scientific areas relevant to nutrition and dietetics
- Thompson, Manore, Vaughan: Η Επιστήμη της Διατροφής (4η έκδοση). Εκδόσεις Λαγός Δημήτριος, 2021.
- Σφλώμος Κ.: Διατροφή του Ανθρώπου (2<sup>η</sup> έκδοση). Εκδόσεις Τσώτρας, 2019.