



<b>Course Code</b>	<b>Course Title</b>	<b>ECTS Credits</b>
NUTR 330	Dietetics and Nutrition – Theory and Practice	6
<b>Department</b>	<b>Semester</b>	<b>Pre requisites</b>
Life & Health Science	Spring	none
<b>Type of Course</b>	<b>Field</b>	<b>Language of Instruction</b>
Required	Nutrition	English
<b>Level of Course</b>	<b>Year of Study</b>	<b>Lecturer</b>
1 <sup>st</sup> Cycle	3rd	Antonis Zampellas
<b>Mode of Delivery</b>	<b>Work Placement</b>	<b>Co-requisites</b>
Face-to-face	N/A	NUTR 250, NUTR 320

**Objectives of the Course:**

The main Objectives of the Course are to:

- To understand the qualifications, roles and possible areas of practice of nutritionists, dietitians and clinical dietitians as well as the roles of professional organizations, regulatory bodies and resource information bodies.
- To introduce the student to the principles and the theory behind the practice of dietetics across its entire range including the ethical considerations when practicing using case studies.
- To familiarise students with the information and resource material dietitians need in their profession and life-long professional growth and development and to develop competences in collecting this information from relevant professional bodies.
- To develop the students' ability in using energy requirement equations, food composition references, dietary reference standards and the food exchange system in order to estimate the energy and nutrients needs of individuals, calculate and compare the nutrient content of foods and analyse dietary intakes.
- To familiarise the determinants of food selection of individuals, families and groups.

- To appreciate weight management issues.
- To introduce the student to the principles of nutritional support, examples of artificial nutritional supplements and safe practice principles.
- To introduce the issues of food and drug interactions and nutritional epidemiology.

### **Learning Outcomes:**

After completion of the course students are expected to:

- Differentiate between the qualifications, roles and areas of practice of nutritionists, dietitians and clinical dietitians.
- Be familiar with the code of ethics of dietetics professionals including the duties towards other professionals and clients/patients and be able to discuss ethics scenarios.
- To explain the roles of professional organizations, regulatory bodies and resource information bodies.
- To be able to access and use resources for their own practice and life-long professional learning and development and their clients/patients benefit.
- To explain what dietary reference standards are, to be able to differentiate them and apply their knowledge in case studies.
- To calculate energy requirements of different individuals and to show competence in using food composition references, and the food exchange system in various nutritional analyses.
- To discuss the determinants of food selection of individuals, families and groups and weight management issues.
- To list or name the principles of nutritional support, examples artificial nutritional supplements and safe practice principles.
- To demonstrate understanding of the basic issues around food and drug interactions and nutritional epidemiology.

### **Course Contents:**

1. A brief history of dietetics; areas of practice and credentials
2. The major professional organizations, regulatory bodies and resource information bodies
3. Code of health care ethics
4. Health care systems, national and international policies and agencies
5. Dietary Reference Values
6. Food composition Tables
7. Nutrient content; Dietary intake calculations and evaluations, Food exchange system
8. Dietary assessment fitness and health status; the concept of pleasurable eating
9. Determinants of food selection in individuals, families and groups.
10. Estimating nutritional requirements, Assessment of nutritional risk
11. Weight management issues (nutrition, exercise and behaviour modification)
12. Principles of nutritional support and strategies; safe practice principles
13. Introduction to food and drug interactions, nutritional support; artificial nutritional supplements
14. Nutritional epidemiology

### **Learning Activities and Teaching Methods:**

Lectures, class discussion, case-studies, group work, assignments

**Assessment Methods:**

<b>Final Examination</b>	40%
<b>Mid-Term</b>	30%
<b>Assignments</b>	20%
<b>Class participation and attendance</b>	10%

**Required Textbooks/Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
B. Thomas	Manual of Dietetic Practice	Blackwell Publishing	2007	0632055243
E. Winterfeldt	Dietetics: Practice and Future Trends	Jones and Bartlett	2005	0763731870

**Recommended Textbooks/Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
<a href="#">J.J. Otten</a> , J. P. Hellwig, <a href="#">L. D. Meyers</a>	Dietary Reference Intakes: The Essential Guide to Nutrient Requirements	National Academies Press	2006	0309100917
<a href="#">J. A.T Pennington</a> , <a href="#">J.S. Douglass</a>	Bowes and Church's Food Values of Portions Commonly Used	Lippincott Williams & Wilkins;	2004	0781744296

**Recommended websites for reference:**

- [www.cydadiet.org](http://www.cydadiet.org)      Cyprus Dietetic and Nutrition Association
- [www.eatright.org](http://www.eatright.org)      American Dietetic Association
- [www.bda.uk.com](http://www.bda.uk.com)      British Dietetic Association

[www.cdrnet.org](http://www.cdrnet.org) Commission on Dietetic Registration (US)

[www.cdc.gov](http://www.cdc.gov) Centre for Disease Control and Prevention (US)

[www.hpc-uk.org](http://www.hpc-uk.org) UK Health Professions Council

[www.efad.org](http://www.efad.org) European Federation of the Associations of Dietitians (EFAD)