



Course Code	Course Title	ECTS Credits
NUTR-255	Principles of Nutr & Metab II & Lab	6
Department	Semester	Pre-requisites
Life and Health Sciences	Spring	Nutr-250
Type of Course	Field	Language of Instruction
Core Requirement	Nutrition/Dietetics	English/Greek
Level of Course	Year of Study	Lecturer
1 st cycle	Second	Demetres Iacovides
Mode of Delivery	Work Placement	Co-requisite
Face-to-face	N/A	None

Objectives of the Course:

The main Objectives of the Course are to:

- To provide detailed information on the structure, function, digestion, transport, storage, and metabolism of the micronutrients.
- To delineate key metabolic pathways in the utilization of micronutrients as well as the interrelationships among nutrients in metabolism.
- Identify nutritional risk factors of micronutrients that may lead to chronic disease: cancer, Hypertension Osteoporosis, etc.
- Develop life long learning skills on nutrition related subjects
- The format of the course will be 3h/w of lectures and 2h/w lab.

Learning Outcomes:

After completion of the course students are expected to be able to:

1. Know the metabolic process of all micronutrients.
2. The pathophysiology of nutrient related diseases.
3. Understand some of the health implications associated with excess or inadequate

consumption of micronutrients

Course Contents:

1. Introduction to vitamins
2. B-vitamins, Ascorbic Acid
3. Fat soluble vitamins (A,D,E,K)
4. Calcium and Phosphorus
5. Magnesium
6. Iron, Zinc, Copper Manganese
7. Iodine, Selenium
8. Sodium, Chloride, Potassium and Fluoride
9. Fluid and electrolyte balance
10. Dietary reference intakes for micronutrients

Teaching Methods:

Lectures, Assignments, Lab Presentations, Lab Tutorials

Required Textbooks:

Authors	Title	Publisher	Year	ISBN
Gropper S.,Smith J, Groff J.	Advanced Nutriiton & Human Metabolism	Wadsworth, 5 th ed	2009	978-0-495-11657-8

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
1. McGuire and Beerman	Nutritional Sciences		2007	0-534-53717-0
2. Mann J., Stewart A.	Essentials of Human Nutrition	Truswell	2002	0198508611
3. Germann WI., Stanfield C.	Principles of Human Physiology			0805356622
4. Katch FI., McArdle WD.	Introduction to Nutrion, Exercise and Health.	Lippincott Williams &Wilkins, 4 th ed.	1993	0812115554

