



Course Code	Course Title	ECTS Credits
Nutr-320	Nutr Through Life Cycle	6
Department	Semester	Pre-requisites
Life and Health Sciences	Fall	Nutr 110
Type of Course	Field	Language of Instruction
Core Requirement	Nutrition	English
Level of Course	Year of Study	Lecturer
1 st cycle	3 rd	Antonis Zampellas
Mode of Delivery	Work of Placement	Co-requisites
None	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 nutrients.
- To delineate key metabolic pathways in the utilization of macronutrients as well as the interrelationships among nutrients in metabolism.
- To demonstrate comprehension and interpretation of nutrition-related research as reported in scientific publications.
- Identify nutritional risk factors that may lead to chronic disease: cancer, cardiovascular disease, etc.
- Develop lifelong learning skills on nutrient related subjects
- Demonstration of techniques of body composition measurements
- Interpretation of assessment of data of body composition

- Analysis of macronutrient

Learning Outcomes:

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

1. Know the metabolic process of all major macronutrients.
2. The pathophysiology of nutrient related diseases.
3. Collect pertinent information for comprehensive nutrition assessments
4. Measure, calculate, and interpret body composition data

Course Contents:

1. Nutrition Basics
2. Preconception Nutrition
3. Nutrition during pregnancy and lactation
4. Infant Nutrition
5. Preschooler Nutrition
6. Childhood Nutrition
7. Adolescent Nutrition
8. Adult Nutrition

Teaching Methods:

Lectures, and Case studies.

Required Textbooks:

Authors	Title	Publisher	Year	ISBN
Brown J.E	Nutrition Through Life Cycle	Wadsworth, 3 rd Ed.	2008	978-0-495-11657-8

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
1. Wardlaw GM.	Perspectives in Nutrition	WCB/McGraw Hill, 6 th Ed.	2004	
2. Mhan LK., Scott ES.	Nutrition and Diet Therapy	Saunders Company, 11 th Ed.	2003	
3. Insitute of Medicine	Dietary reference Intake	National Academy Press		

