



UNIVERSITY OF NICOSIA ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

Course Code	Course Title	ECTS Credits
NUTR 330	Dietetics and Nutrition – Theory and Practice	6
Department	Semester	Pre requisites
Life & Health Science	Spring	none
Type of Course	Field	Language of Instruction
Required	Nutrition	English
Level of Course	Year of Study	Lecturer
1 st Cycle	3rd	Antonis Zampellas
Mode of Delivery	Work Placement	Co-requisites
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:

Final Examination	40%
Mid-Term	30%
Assignments	20%
Class participation and attendance	10%

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
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:

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

Recommended websites for reference:

- www.cydadiet.org Cyprus Dietetic and Nutrition Association
- www.eatright.org American Dietetic Association
- www.bda.uk.com British Dietetic Association

www.cdrnet.org Commission on Dietetic Registration (US)

www.cdc.gov Centre for Disease Control and Prevention (US)

www.hpc-uk.org UK Health Professions Council

www.efad.org European Federation of the Associations of Dietitians (EFAD)