



Course Code NUTR-511	Course Title Sports & Exercise, Health Nutrition	ECTS Credits 7.5
Prerequisites None	Department Life & Health Sciences	Semester 1 st
Type of Course Required	Field Dietetics/Nutrition	Language of Instruction Greek /English
Level of Course 2 nd Cycle	Lecturer(s) Dr. Christoforos Giannaki Prof Antonis Zampelas	Year of Study 1 st
Mode of Delivery Face to face	Work Placement N/A	Co-requisites None

Objectives of the Course:

The main objectives of the course are to:

- This course focuses on the role that exercise, physical activity and nutrition play in all the aspects of human health. Emphasis will be given on methods of understanding and developing lifestyle changes for healthier life.
- The issue of exercise prescription and programming for healthy individuals will be explored in depth as well as the current interventions related to physical activity, nutrition and health promotion. Special consideration will be given to how exercise and nutrition could prevent or counteract chronic diseases including obesity, diabetes, cardiovascular disease, sleep disorders and hypertension.
- Topics include also the effects of physical inactivity and unhealthy eating habits on the risk of various diseases and health problems.
- Finally, the current physical activity and exercise and nutritional guidelines for the both the general population and for patients with common chronic diseases in order to promote health and wellness will be concerned and discussed.

Learning Outcomes:

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

1. Critically analyze the important role of physical activity, nutrition and exercise for maintaining or improving health.
2. understand the current exercise and nutrition concepts necessary to become a good Sports and exercise practitioner
3. Understand the general principles, concepts and underpinning theory in nutrition and exercise necessary for the development of nutrition and physical activity strategies.

4. Be aware of the general health benefits of exercise, healthy eating and physical activity.
5. Recognize how physical activity and healthy nutrition could improve the quality of life in healthy and diseased individuals.
6. Recognize the important role of physical activity, nutrition and exercise in the prevention and management of chronic diseases.
7. Understand the important role of physical fitness and healthy nutrition in general health and wellbeing.
8. Discuss different approaches to changing sedentary behavior and unhealthy lifestyle in specific populations.
9. Learn to design exercise programs for the improvement of body composition, cardiovascular endurance, muscular strength, and flexibility; based on the needs and goals of the individual.

Course Contents:

1. The components for achieving wellness.
2. Physical inactivity, unhealthy eating habits and the risk of chronic diseases.
3. The importance of nutrition and exercise in the development of a healthy lifestyle.
4. The necessary techniques to obtain or enhance a healthy life style.
5. The role of exercise, nutrition and physical activity in the prevention of chronic diseases.
6. Non-pharmacological interventions for weight management and obesity.
7. Exercise in patients with chronic diseases
8. Exercise and quality of life.
9. Design specific healthy promoted exercise programs and nutrition strategies in healthy individuals and in patients with chronic diseases.
10. Current issues in physical activity, nutrition, health and wellness.

Learning Activities and Teaching Methods:

Lectures, class discussion, assignments, presentations from students

Assessment Methods:

Midterm Exam, Presentation, Final Examination

Required Textbooks / Reading:

Title	Author(s)	Publisher	Year	ISBN
Άσκηση, Ευρωστία & Υγεία	C.Corbin, R.Lindsey, G.Welk. Επιμέλεια: Κλεισούρας Β	Ιατρικές εκδόσεις Π.Χ. Πασχαλίδης	2001	Print copy available

Recommended Textbooks / Reading:

Title	Author(s)	Publisher	Year	ISBN
Effects of exercise and diet on chronic disease	Roberts C, Barnard J.	Journal of Applied Physiology	2005	E-journal available
Fitness and Wellness	Hoeger W and Hoeger S	Cengage Learning	2010	