



<b>Course Code</b> NUTR-515	<b>Course Title</b> Research Methods in Nutrition & Dietetics	<b>ECTS Credits</b> 7.5
<b>Prerequisites</b> None	<b>Department</b> Life & Health Sciences	<b>Semester</b> 2 <sup>nd</sup>
<b>Type of Course</b> Required	<b>Field</b> Dietetics/Nutrition	<b>Language of Instruction</b> Greek /English
<b>Level of Course</b> 2 <sup>nd</sup> Cycle	<b>Lecturer(s)</b> Dr Maria Christofidou	<b>Year of Study</b> 1 <sup>st</sup>
<b>Mode of Delivery</b> Face to face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None

### Objectives of the Course:

The main objectives of the course are to:

- Familiarize students with the core principles that underpin scientific research and the various study designs.
- Acquaint students with performing basic analysis of quantitative data.
- Enable the use of appropriate frameworks for reviewing and appraising evidence, mainly relating to nutritional research.

### Learning Outcomes:

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

1. Formulate clear research hypotheses.
2. Identify and use health information resources.
3. Produce summaries of data held on computer.
4. Analyze and interpret the results of basic statistical analyses and define key terms used in them.
5. Critically evaluate different types of study design and scientific evidence.
6. Critical analyze and evaluate published research.

### Course Contents:

1. Philosophy of science and aim of scientific research, mainly nutritional research.
2. Responsible Conduct in Research.
3. Systematic Literature Search.
4. Formulation of a Research Protocol.
5. Main Types of Nutritional Study Designs (Interventional, Observational).

6. Descriptive Statistics.
7. Hypothesis testing

**Learning Activities and Teaching Methods:**

Lectures, assignments

**Assessment Methods:**

Midterm Exam, Project and Assignments, Final Examination

**Required Textbooks / Reading:**

<b>Title</b>	<b>Author(s)</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Practical Statistics for Medical Research	Douglas G. Altman	Chapman & Hall/CRC	1990 978-0412276309	Print copy available
Fundamentals of Biostatistics	Rosner, Bernard	Cengage Learning	2010 978-0-538-73349-6	Print copy available