



<b>Course Code</b> NUTR-517	<b>Course Title</b> Nutrition Assessment and Laboratory Skills Techniques for Athletes	<b>ECTS Credits</b> 7.5
<b>Prerequisites</b> None	<b>Department</b> Life & Health Sciences	<b>Semester</b> 1 <sup>st</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 Dimitrios Papandreou	<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:

- Use and implement methods and procedures in nutritional care applied in the private client and clinical setting following professional practice guidelines.
- Explore the use of anthropometric, biochemical, clinical, dietary and related information for the assessment of nutritional status of individuals and populations.
- The course is 3h/w designed to facilitate learning through case study based learning and other experiential learning activities such as using practical applications to understand dietetic assessment and treatment principles.

**Learning Outcomes:**

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

1. Understand the dietitian’s role in health care teams.
2. Assess the nutritional status of a client or population using data from medical history, family and social history, dietary history, anthropometric measurements, physical examination and biochemical tests.
3. Document and communicate the components of the nutritional care process using appropriate techniques and terminology
4. Understand the rationale behind clinical tests as related to selected analysis pertinent to nutritional status assessment.
5. Develop life-long learning skills in nutritional assessment

**Course Contents:**

1. History
2. Anthropometry

3. Clinical assessment
4. Biochemical assessment
5. Drug and nutrient interactions
6. Nutritional support planning
7. Nutrient requirements
8. Nutritional therapy
9. Athletic productivity

**Learning Activities and Teaching Methods:**

Lectures, class discussion, assignments

**Assessment Methods:**

Midterm Exam, Project, Final Examination

**Required Textbooks / Reading:**

Title	Author(s)	Publisher	Year	ISBN
Manual of Dietetic Practice	<a href="#">Briony Thomas</a> (Editor)	Blackwell Publishing Limited; 3rd edition	2001	0632055243
Nutritional Assessment (Spiral-bound)	<a href="#">Robert D Lee</a> , <a href="#">David C. Nieman</a>	McGraw-Hill; 4 edition	2006	0072441062
Principles of Nutritional Assessment (Hardcover)	<a href="#">Rosalind S. Gibson</a>	Oxford University Press, USA; 2 edition	2005	0195171691
Dietary Reference Intakes: The Essential Guide to Nutrient Requirements (Dietary Reference Intakes) (Hardcover)	<a href="#">Jennifer J. Otten</a> <a href="#">Linda D. Meyers</a>	National Academies Press; 1st edition	2006	0309100917[]

Διατροφική Αξιολόγηση	Γιάννης Μανιός	Π.Χ. Πασχαλίδης	2006	960-399-468-5
-----------------------	----------------	-----------------	------	---------------

**Recommended Textbooks / Reading:**

Title	Author(s)	Publisher	Year	ISBN
Dietetics, Second Edition: Practice and Future Trends (Paperback)	<a href="#">Esther Winterfeldt</a>	Jones and Bartlett Publishers, Inc.; 2nd edition	2005	0763731870
Medical Terminology: A Programmed Systems Approach (Spiral-bound)	<a href="#">Jean Tannis Dennerll</a> , <a href="#">Phyllis E. Davis</a>	Thomson Delmar Learning; 9 edition	2004	1401832172
Nutrition and Diagnosis-Related Care (Paperback)	<a href="#">Sylvia Escott-Stump</a>	Lippincott Williams & Wilkins; 5th edition	2009	0781737605
The Profession of Dietetics: A Team Approach (Paperback)	<a href="#">June R Payne-Palacio</a> , <a href="#">Deborah D Canter</a>	Lippincott Williams & Wilkins; 3rd edition	2005	0781753236
nutrition Through the Life Cycle (with InfoTrac) (Paperback)	<a href="#">Judith E. Brown</a> , <a href="#">Janet Isaacs</a> , <a href="#">Beate Krinke</a> , <a href="#">Maureen Murtaugh</a> , <a href="#">Carolyn Sharbaugh</a>	Wadsworth Publishing; 2 edition	2004	0534589898
Manual of Clinical Dietetics (Looseleaf with Binder) (Ring-bound)	<a href="#">Dietitians of American Dietetic Association</a>	American Dietetic Association; 6th Loosle edition	2010	0880911875
Nutrition and Diagnosis-Related Care (Paperback)	<a href="#">Sylvia Escott-Stump</a>	Lippincott Williams & Wilkins; 5th edition	2002	0781737605

Modern Nutrition in Health and Disease (Hardcover)	<a href="#">Maurice E Shils</a> , <a href="#">Moshe Shike, A.</a> <a href="#">Catharine Ross</a> , <a href="#">Benjamin Caballero</a> , <a href="#">Robert J Cousins</a>	Lippincott Williams & Wilkins; 10th edition	2005	0781741335
Communication & Education Skills for Dietetics Professionals (Paperback)	<a href="#">Betsy B Holli</a> , <a href="#">Richard J Calabrese</a> , <a href="#">Julie O'Sullivan</a> <a href="#">Maillet</a>	Lippincott Williams & Wilkins; 4th edition	2003	0781737400
Nutrition for Health Care (Paperback)	<a href="#">Helen M. Barker</a>	Churchill Livingstone; 10th edition	2002	0443070210
Nutrition Counseling in the Treatment of Eating Disorders (Hardcover)	<a href="#">Marcia Herrin</a>	Brunner-Routledge; 1 edition	2002	158391031X
Nutritional Epidemiology (Hardcover)	<a href="#">Walter Willett</a>	Oxford University Press, USA; 2 edition	1998	0195122976
American Dietetic Association Complete Food and Nutrition Guide (Paperback)	<a href="#">Roberta Larson</a> <a href="#">Duyff, ADA</a> ( <a href="#">American Dietetic Association</a> )	Wiley; 3 edition	2006	0470041153
Nutrition for Life (Hardcover)	<a href="#">Lisa Hark</a> , <a href="#">Darwin</a> <a href="#">Deen</a>	DK ADULT	2005	0756605229