



Course Code NUTR-520	Course Title Principles Of Diet Therapy & Life Cycle	Credits (ECTS) 7.5
Department Life & Health Sciences	Semester Fall	Prerequisites None
Type of Course Required	Field Dietetics/Nutrition	Language of Instruction English
Level of Course 2 nd Cycle	Year of Study 1 st year	Lecturer Prof Antonis Zampelas
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:

Provide students with an insight into the practice of diet therapy and prepare them for clinical placement.

Equip students with an understanding of the rationale behind the modification of dietary intake and how these modifications can be applied in the prevention, investigation and treatment of disease.

Get the students familiar with the different dietary needs according to the to the age groups and other healthy conditions such as pregnancy and lactation

Learning Outcomes:

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

Understand the reasons for modifications of food and nutrient intake which may be necessary for the investigation, prevention and/or management of disease.

Understand the principles of dietary assessment in a clinical context and be able to take a diet history.

Understand the physiologic and metabolic modifications in the different age groups through the life span

Understand the different nutrient needs according to the age group and be able to give dietary advice to healthy conditions

Course Contents:

Nutrition Basics Principles of nutritional epidemiology Nutrition during pregnancy and lactation Infant Nutrition Preschooler Nutrition Childhood Nutrition Adolescent Nutrition Adult Nutrition Nutrition in the elderly	
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Learning Activities and Teaching Methods:

Lectures, assignments

Assessment Methods:

Midterm Exam, Project, Final Examination
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Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Brown J.E	Nutrition Through Life Cycle	McGraw Hill Wadsworth	2008	978-0-495-11657-8
Ζαμπελας Α	Διατροφή στα στάδια της ζωής	Ιατρικές εκδόσεις Πασχαλίδης	2003	960-399-149-X
Ζαμπελας Α	Κλινική Διαιτολογία και Διατροφή με στοιχεία Παθολογίας	Ιατρικές Εκδόσεις Πασχαλίδης	2011	978-960-489-293--8

Recommended Textbooks/Reading:

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

