



Course Syllabus

Course Code	Course Title	ECTS Credits
THOM-361	Nutrition for Optimal Health and Exercise	6
Prerequisites	Department	Semester
HOSP-105/Senior	Management	Fall/Spring
Type of Course	Field	Language of Instruction
Major/Elective	Food and Nutrition	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Fotini Lappa	3 rd
Mode of Delivery	Work Placement	Corequisites
Face to face	N/A	None

Course Objectives:

The main objectives of the course are to:

- Introduce the nutrients and their association with digestion, metabolism and obesity.
- Explain the basic food allergies and the importance of recognizing these for the provision of food and menu planning in hospitality.
- Discuss current and future food trends in the hospitality industry.
- Identify the basic types of pre-exercise carbohydrate and their influence on aspects of performance.

Learning Outcomes:

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

1. Explain the basic principles of all the nutrients found in foods.
2. Describe basic metabolism and how the digestive system works.
3. Analyze energy needs and understand how these needs change throughout different types of exercise.
4. Explain how optimal nutrition is the most important aspect of avoiding exercise fatigue.
5. Develop recipes and menus or modify recipes to serve customer needs in the Hospitality Industry (e.g. to comply with different allergies, concerns or ethical dimensions).
6. Explain food trends in the Hospitality Industry (including vegetarianism, health conscious eating, ethical sourcing, ethnic preferences).

Course Content:

- Introduction to nutrition.
- The relationship between diet and health (food portions and calculation of calories).
- The major macronutrients (Carbohydrates, Protein, Fat) and micronutrients (Vitamins, Minerals, Water) found in foods.
- Human digestion and metabolism.
- Food Trends in the Hospitality Industry.
- Recipes and menus or modified recipes for customer in the Hospitality Industry.
- Food allergies, concerns or ethical dimensions.
- Nutrition and Exercise (e.g. duration, energy production, timing, type of pre-exercise carbohydrate, fat and protein, Water and electrolyte balance, Ergogenic aids)
- Providing meals for athletic groups in Hospitality Settings.

Learning Activities and Teaching Methods:

Lectures, videos, presentations and student assignments

Assessment:

Students' PowerPoint presentations, assignments, exercises, Mid-Term exam, Final exam

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Food Preparation and Nutrition	Tull, Anita	Illuminate Publishing	2016	ISBN 10: 1908682787 / ISBN 13: 9781908682789 978-1-4380-0163-0
"Essential Sports Nutrition: A Guide to Optimal Performance for Every Active Person"	Marni Sumbal	Rockridge Press	2018	ISBN-10: 1641521694 ISBN-13: 978-1641521697

Lecture's Notes	Fotini Lappa			
-----------------	--------------	--	--	--

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Deep Nutrition : Why Your Genes Need Traditional Food	Catherine Shanahan	St Martin's Press	2018	ISBN10 1250113849 ISBN13 9781250113849