



**UNIVERSITY OF NICOSIA**  
Department of Life & Health Sciences



**B.Sc. Nutrition & Dietetics**  
**Student Handbook**  
**2013-2014**

## **Message from the Programme Coordinator**

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Dear student,

Welcome to the Programme of Nutrition & Dietetics and to University of Nicosia.

This Handbook is intended to provide you with a brief overview of the Programme and with information that will be useful to you during your studies. Detailed information on the University and Programme policies and requirements can be found in the most current edition of the University of Nicosia Student Handbook and the University of Nicosia Web page in the Internet.

This Handbook contains information and recommendations that apply specifically to this Programme. From the start of your studies, you will be assigned an Academic Advisor and a Faculty Mentor who will assist and guide you throughout your years at the University of Nicosia. Both of your advisors will be valuable sources of advice on your path to graduation.

In order to graduate with a Bachelor of Science (B.Sc.) in Nutrition and Dietetics you must earn a minimum of 240 ECTS units (credits). The Nutrition and Dietetics Programme is designed to give you an insight and understanding to the important and increasingly emerging academic subject of Human Nutrition. It will cover aspects of biological, social and environmental science, all of which are important in this subject area. Along with subject specific and transferable, life-long learning skills, you will also learn to design and conduct experiments and to collect, analyze, and present research findings.

The Programme is supported by highly qualified academic personnel, and by resources and science laboratories that help sustain both your undergraduate student research work and faculty research.

We hope that this Handbook serves as a useful guide throughout your time at University of Nicosia.

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## 1.0 Programme Overview

The Bachelor of Science (B.Sc.) Degree Programme in Nutrition and Dietetics is an University of Nicosia degree. It aims to provide you with the opportunity to receive an interdisciplinary perspective on the relationship between nutrition and the part this plays in maintaining physical, mental and social well being.

Many people have a general interest in food and nutrition but how would you like to know much more about the subject and even influence what foods are produced, sold and consumed?

This applied degree programme allows you to study what food is made of, what effect the consumption of different foods have on the body and how to plan healthy diets that will contribute to optimum health. We all have a tremendous range of foods to choose from but selecting which is best for us is no easy matter. First of all foods must be appealing and attractive but also must meet our true nutritional needs. Deciding what is best for us is not an easy choice to make and even that differs for individuals depending on the time of life e.g. childhood, pregnancy etc. so a detailed knowledge of food composition, digestion and bodily needs and functions is needed. The situation becomes even more complex where a person is suffering some disease condition.

The BSc in Nutrition and Dietetics is an ideal programme for those with an interest in the Biological and Chemical Sciences and allows an integration of a range of subjects from chemistry through to psychology – why do people purchase particular foods and what really influences their choice? The course is a science based study and goes much further than food preparation and cooking. Students will cover theory of food and nutrition and also have the opportunity to work in the laboratory environment to examine food from a chemical and microbiological aspect. In addition students will explore current issues such as GM foods, Obesity, the true significance of the Mediterranean diet and food contamination with compounds such as acrylamide. Graduates from the programme will find jobs in the food industry, as nutrition and dietetic consultants and in Government and International organisations concerned with food and nutrition. Whilst the programme does not qualify graduates to work as clinical dieticians (because there is no practical placement in a hospital or similar organisation), there are a number of opportunities for students to join follow-up courses to take them in this direction if they so desire.

As part of the course you will develop basic laboratory skills and related abilities to research, analyze and interpret experimental data as well as a number of other life-long learning and transferable skills relevant to employment and career. You are also expected to be able to integrate, critically evaluate and communicate scientific information and the ability to work independently and as a member of a team in a professional manner.

## 1.1. Programme Learning Outcomes (by year of studying)

### Years 1 & 2

- Demonstrate a basic knowledge of Anatomy and Physiology, Biology, Biochemistry and Chemistry
- Define the role of science in the safety and quality of foods
- Associate the importance of nutrition in preventing disease
- Identify the importance of nutrition in promoting health in different cultures and political and economic environments
- Demonstrate a range of transferrable skills
- Select the preferred methods of learning
- Distinguish the requirements of safe laboratory working practices in science based laboratories
- Apply theory to practice during the observation placement

### Year 3

- Define the importance of nutrition throughout the life-cycle
- Identify the common biochemical and metabolic pathways in the body
- Explain food and nutrition in the context of culture, social and economic environments
- Differentiate the chemical composition of major food groups
- Specify the potential for food and drug interactions and food allergies
- Explain the significance of individual and population Nutritional Policies
- Attend and perform professionally the observation placement

### Year 4

- Explain the complexity of, and predict outcomes of, food component interactions
- Define the requirements of food quality assurance and apply the principles of HACCP to achieve food safety and quality
- Discuss the importance of clinical nutrition and how food and nutrition are important in disease prevention and control
- Identify the nutritional requirements and potential toxicity of nutrients
- Critically assess the literature in relation to food and nutrition
- Formulate report writing and carrying out research projects in the area of food and nutrition
- Demonstrate professional performance at the observational placement

## 2.0 Career Prospects:

A high proportion of our Nutrition/ Dietetic graduates will continue to work in the area, for example entering nutrition research institutes throughout the world.

In view of the growth of public interest in food and health, properly qualified nutritionists/ dietitians are highly sought after. They can be employed by consumer groups, food retailers, government and the food industry and others become food and health journalists.

Graduates in Nutrition/ Dietetics are eligible to apply for Postgraduate Diploma in Dietetics or for MSc in Clinical Dietetics. Dietitians work in a variety of locations and in a diverse range of roles. Following graduation, most dietitians work in the private practice or in community and primary care. Many then go on to specialise in a particular area, such as diabetes, obesity, nutritional support or public health.

However, there are many other exciting roles including management, research and education or working freelance. Some go on to pursue further studies (e.g. MSc, PhD).

Our graduates can work in health promotion. There are also attractive opportunities in the food industry, such as working for major food and supermarket companies, in research, and in education and the media.

Our Nutrition/Dietetic graduates can have attractive career prospects in the food industry, health service, research, and in education and the media.

Our graduates will follow the standards of the Cyprus law for the registration of Dietitians (N31/I(96), and can be eligible to apply for registration to the Cyprus Registration Board for Food Scientist, Technologists and Dietitians (CyRBFSTD).

*For information - The following table clarifies what the difference between a clinical dietitian, a dietitian and a nutritionist actually is:*

<b>Clinical Dietitian</b>	<b>Dietitian</b>	<b>Nutritionist</b>
<b>Therapeutic and preventive role</b>	Preventive role and confrontation of specific health conditions	<b>Preventive role</b>
<b>Works with healthy individuals and patients</b>	Works with healthy individuals (and specific health conditions)	<b>Works with healthy individuals</b>
<b>Gives diets at personal and group level</b>	Gives diets at personal and group level	<b>Gives general nutrition advice at personal and group level</b>
<b>Acts as member of the health care team and is considered a member of the paramedical professions or other medical services</b>	<b>Considered member of the paramedical professions or other medical services</b>	

### **3.0 Admission Criteria:**

#### **ENTRY REQUIREMENTS:**

##### **REGULAR ACADEMIC ADMISSION/FIRST YEAR**

Regular admission to this program requires a recognized Secondary School Leaving Certificate with a grade of 7.5 out of 10 or 15 out of 20. Students with grades <15/20 can still be admitted but they will be on probation for the 1st year and they require to take further courses. This status may be contingent upon demonstrating proficiency in English. (GCSE or IGCSE 'O' level in English with a minimum grade of 'C', Computer Based TOEFL 173 –212, IELTS of 6.5 or above, or the UNIC English Placement Test). Advanced standing will be allowed on the basis of additional qualifications (i.e. GCE "A" Level).

##### **REGULAR ACADEMIC ADMISSION/TRANSFER STUDENT**

Students may join the programme on Regular Academic/Transfer Student Admission by submitting a credit evaluation application form to the Department of Academic Affairs, together with all supporting documents (i.e. official Transcripts, course descriptions, college catalogues, etc.)

Students can gain Advanced standing by:

- Transferring credits earned at other accredited colleges/universities (only courses with a passing grade will be considered for transfer);
- Transferring credits on the basis of examinations of recognized examination bodies such as GCE/GCSE 'A' Level, CLEP, International Baccalaureate – I.B., etc.

The official credit evaluation report may be completed prior to the transfer, provided that the student submits all necessary documentation. Transfer students are required to complete at least 120 ECTS for the Bachelor Degree of University of Nicosia.

##### **SPECIAL ACADEMIC ADMISSION**

This category of admission may be offered to students who possess a Secondary School Leaving Certificate but who do not have the stipulated grades or other requirements for regular admission. Such students may be eligible for special admission if they have relevant practical/personal experience, or other record of achievements, or show evidence of ability to benefit from college education.

Special admission students may take regular credits but load limits will apply until the time they establish their eligibility for regular enrolment. Special admissions are offered to students with a learning disability and with special needs, including dyslexia.

## **4.0 Aims and Objectives of the Programme:**

### **Programme Objectives:**

The aim of the programme may be summarised as “to produce, through well designed and appropriate courses, adequately trained and competent graduates who are equipped for the world of work in the 21<sup>st</sup> century and who can apply their knowledge of food and nutrition/dietetics for the benefit of individuals and the public health in general across Cyprus and/or their chosen country of practice.”

### **Programme Learning Outcomes:**

Graduates of the Programme should be able to:

- Express a broad understanding of food composition
- Demonstrate understanding of how common foodstuffs are produced/manufactured
- Critically evaluate the safety of food both for individuals and for specific populations
- Extrapolate the influence of food composition on human health and well-being
- Identify the role of diet in disease prevention and the promotion of optimum health
- Critically evaluate the risks of consuming an inappropriate diet in a range of populations e.g. pregnant women, children and old age
- Demonstrate the skills and knowledge to critically consider the scientific literature related to the fields of food and nutrition
- Demonstrate an understanding of policy issues concerned with nutrition in relation to public health and the ways in which these may be influenced
- Assess the scientific and social theory and concepts in the context of food, culture, diet and nutrition
- Develop their critical analysis skills, IT, communication and presentation skills as well as a life-long learning approach for career development in the nutritional sciences.

## 5.0 Nutrition Programme Requirements:

Studying for your B.Sc. will take a minimum of four years to complete if you are a full time student and a minimum of eight years if you are a part time student. The Programme is delivered within the University two semester framework. Depending on students' requirements and staff availability, block teaching courses throughout the semesters and within the summer semester (June, July) may be delivered.. To be considered a full time student you must enrol for at least 12 hours per semester or 6 hours during the summer period.

To qualify for an Undergraduate B. Sc. Degree award in Nutrition and Dietetics you need at least 240 ECTS units gained from:

Major Requirements courses:	minimum of 144 ECTS
Basic Science Requirements courses:	minimum of 30 ECTS
Major Electives	minimum of 18 ECTS
Language Expression	minimum of 12 ECTS
Computer and Math Requirements	minimum of 12 ECTS
Humanties and Social Science Electives	minimum of 12 ECTS
Business Electives	minimum of 12 ECTS

You will be awarded credits for all courses that you pass. One unit credit corresponds to approximately 25-30 hours of "learning time" which includes all taught and supervised classes and all private study time. In order to pass a course you must normally obtain a minimum of 60% (D-) of the total assessment marks specified for the course.

### 5.1 Attendance

You are expected to maintain regular class attendance (normally defined as a minimum of 80% attendance) and submission of coursework. International students are required by law to attend classes regularly.

Absences of over the 20% allowed, or failing to take the final examination and/or submit work for assessment without a timely and valid excuse will result in either failure or administrative withdrawal and a grade of "F" or "W" respectively, from the course. A student may elect on his own to withdraw from a course without penalties, by the last day of classes. Withdrawal from courses and from the Programme require a written notification by the student to the Academic Affairs Office.

Major examination dates are announced in advanced. Final grades for all courses are not official until approved by the Programme Curriculum Committee and submitted to the Registrar. Final grades for each course will be posted on the student notice board.

Consult the Academic Policies documents for more details on course attendance and course withdrawals policy.

## 5.2 Re-assessment and Appeals

It is your responsibility to attend examinations and to submit work for your assessment as required. It is also your responsibility to provide your lecturer any relevant information on personal circumstances that may have affected your performance and wish to be considered.

Consult the College Academic Policy so that you are fully aware of the rules which apply if you fail a course or miss an announced exam and for appeals:

If you fail your research project:

- A Research Project Report deficient only in presentation may be revised and resubmitted to the designated assessors.
- In the case of a repeated failure in progressing with your project after your 2<sup>nd</sup> registration, it is to the discretion of the Programme Curriculum Committee and/or your Research Project supervisor to determine the penalty on the basis of your CPA. You may be required to repeat a number of courses prior to be allowed to continue with your research project.
- Disagreement with the academic judgment of the Research Project Assessors is not in itself grounds for an appeal. In the case of extenuating circumstances students may appeal following the College Academic Policy procedures.

## 5.3 Conditions of Award

Progression through the Programme will depend on you passing the courses of the Programme and obtaining the credit points upon the successful completion of a number of summative assessment tasks defined for each course by the faculty teaching the course. The allocation of grades for each assessment requirement will be made known to you at the beginning of each course.

You must complete all program requirements and your Research Project with a minimum cumulative grade point average (CPA) of 2.0 to be awarded the Degree. Your CPA is computed by multiplying the number of all courses taken in all of the semester by the marks earned for them and dividing by the total number of credits. The level for good academic standing, probation and ineligibility will depend on your CPA. If your CPA falls below 2.0 and above 1.0 or have extensive administrative withdrawal you will be placed on academic probation which may involve a study plan prescribed by the Programme Curriculum Committee. If it falls below 1.0 and you have continuous course withdrawals you may become ineligible to continue your studies in this Programme

Academic Honors will be awarded at Graduation as follows:

The complete record of your academic progress is kept at the Registrar's Office. Transcripts/Diploma Supplement with the standardized description of the nature, level, context, content and status of the courses you have successfully completed will be available for an appropriate fee, to you and to other colleges or universities on request.

## **6.0 Programme Components**

The taught part of the Programme as identified earlier consists of three main components: (a) Required Core courses (b) Nutrition Elective courses and (c) General Education Elective courses.

### **6.1 Required Courses (Total ECTS 174):**

The required courses which include an independent Research Project form the foundation of the Programme and establish the cognate area of your studies. These courses will provide you with a broad knowledge of physical sciences and mathematics and of biological sciences regarding nutrition and socio-psychological aspects regarding human health and disease.

### **6.2 Elective Courses (Minimum 18 ECTS)**

The second component consists of a number of Life and Health Sciences elective courses that will provide you with more specialized knowledge related either to nutrition or health.

### **6.3 Other General Education Courses (Minimum 48 ECTS):**

The final component consists of a number of courses that will provide general knowledge and skills to enhance your cultural and/or communication and professional development. Such courses provide the broad aspects of education expected at degree level.

## 7.0 Programme Path

Nutrition and Dietetics Programme Path and Allocation of ECTS credits per type of courses

COURSE CODE	COURSE NAME	ECTS
<b>MAJOR REQUIREMENTS (174 ECTS)</b>		
<b>BASIC SCIENCE REQUIREMENTS</b>		<b>30</b>
BIOL-101	General Biology I	6
BIOL-102	General Biology II	6
BIOL-205	Human Anatomy & Physiology I	6
BIOL-206	Human Anatomy & Physiology II	6
CHEM-104	Intro to Organic and Biological Chemistry	6
<b>MAJOR REQUIREMENTS</b>		<b>144</b>
FDSC-200	Food Microbiology & Lab	6
FDSC-250	Food Chemistry & Lab	6
FDSC-260	Food Science & Management Principles & Lab	6
FDSC-316	Food Service Systems Management + Lab	6
NUTR-110	Intro to Human Nutrition and Health	6
NUTR-250	Principles of Nutr. Biochemistry and Metabolism I	6
NUTR-255	Principles of Nutr. Biochemistry and Metabolism II	6
NUTR-260	Public Health & Community Nutrition	6
NUTR-280	Nutritional Behavioural Management	6
NUTR-290	Nutritional Assessment and Management	6
NUTR-315	Sports and Exercise Nutrition	6
NUTR-320	Nutrition Through the Life Cycle	6
NUTR-330	Dietetics and Nutrition – Theory and Practice	6
NUTR-340	Phyto-Chemicals, Functional Foods and Supplements	6
NUTR-355	Food and Drug Interactions	6
NUTR-360	Experimental Foods & Lab	6
NUTR-370	Communication Skills and Nutritional Counseling	6
NUTR-460	Contemporary Issues in Food and Nutrition	6
NUTR-380	Medical Nutrition Therapy and Dietetics I & Lab	6
NUTR-481	Medical Nutrition Therapy and Dietetics II & Lab	6
NUTR-482	Medical Nutrition Therapy and Dietetics III & Lab	6
NUTR-490	Research Methods in Dietetics	6
NUTR-495	Final Year Project	12
<b>MAJOR ELECTIVES (18 ECTS)</b>		
NUTR-265	Human Ecology	6
NUTR-470	Food and Nutrition Policy	6
NUTR-390	Principles of Food Quality Assurance	6
NUTR-465	Food, Culture and Nutrition	6
NUTR-420	Food and Nutritional Toxicology	6

<b>GENERAL EDUCATION COURSES (48 ECTS)</b>		
<b>LANGUAGE EXPRESSION</b>		<b>12</b>
<b>ENGL-100</b>	Basic Writing	6
<b>ENGL-101</b>	English Composition	6(R)
<b>BADM-231</b>	Business Communications OR	6(R)
<b>BADM-332</b>	Technical Writing and Research	6(R)
<b>COMM-200</b>	Business and Professional Communication	6
<b>COMPUTER AND MATH REQUIREMENTS</b>		<b>12</b>
<b>COMP-150</b>	Microcomputer Applications	6(R)
<b>MULT-160</b>	Introduction to Multimedia	6
<b>BIOL-231</b>	Biostatistics	6(R)
<b>MATH-108</b>	Finite Mathematics with Applied Calculus	6
<b>HUMANITIES AND SOCIAL SCIENCES ELECTIVES</b>		<b>12</b>
<b>PSY -110</b>	General Psychology I	6 (R)
<b>SOC-101</b>	Principles of Sociology	6
<b>PHIL-120</b>	Ethics	6
<b>HIST-257</b>	Modern Cypriot History and Politics	6
<b>PSY-111</b>	General Psychology II	6
<b>BUSINESS ELECTIVES</b>		<b>10-12</b>
<b>ACCT-110</b>	Accounting I	6
<b>MGT -281</b>	Introduction to Management	6
<b>MKTG-291</b>	Marketing	6
<b>BADM-491E</b>	Special Topics in Business	4
<b>TOTAL NUMBER OF ECTS CREDITS</b>		<b>240</b>

<b>TABULATION</b>	
	<b>ECTS</b>
<b>Basic Science Requirements</b>	30
<b>Major Requirements</b>	144
<b>Major Electives</b>	18
<b>TOTAL</b>	<b>192</b>
<b>Language Expression</b>	12
<b>Computer and Math Requirements</b>	12
<b>Humanities and Social Sciences Electives</b>	12
<b>Business Electives</b>	12
<b>TOTAL</b>	<b>48</b>

## 7.4 Typical Programme Semester Breakdown :

1 <sup>st</sup> Semester	ECTS	2 <sup>nd</sup> Semester	ECTS
BIOL-101 General Biology I	6	BIOL-102 General Biology II	6
CHEM-104 Intro to Organic and Biological Chemistry	6	FDSC-200 Food Microbiology + Lab	6
NUTR 110 Introduction to Nutrition and Health	6	FDSC-250 Food Chemistry + Lab	6
ENGL-101 English Composition	6	PSY-110 General Psychology I	6
COMP- 150 Microcomputer Applications	6	Humanities & Social Sciences Elective	6
<b>Total</b>	<b>30</b>	<b>Total</b>	<b>30</b>
		Observation Placement	
3 <sup>rd</sup> Semester	ECTS	4 <sup>th</sup> Semester	ECTS
BIOL-205 Human Anatomy and Physiology I	6	NUTR-255 Principles of Nutr. Biochem and Metabol II	6
NUTR-250 Principles of Nutr. Biochem and Metabol I	6	NUTR-280 Nutritional Behavioural Management	6
BIOL-231 Biostatistics	6	NUTR-290 Nutrition Assessment and Manag	6
NUTR-260 Public Health and Community Nutrition	6	BADM- 332 Technical Writing and Research OR BADM 231 Business Communication	6
FDSC-260 Food Science & Management Principles + Lab	6	BIOL-206 Human Anat. Physiology II	6
<b>Total</b>	<b>30</b>	<b>Total</b>	<b>30</b>
		Observation Placement	
5 <sup>th</sup> Semester	ECTS	6 <sup>th</sup> Semester	ECTS
FDSC-316 Food Service Systems Management + Lab	6	NUTR-360 Experimental Foods + Lab	6
NUTR-320 Nutrition through the Life Cycle	6	NUTR-370 Comm. Skills and Nutritional Counseling	6
NUTR-330 Dietetics and Nutrition Theory and Practice	6	NUTR-380 Medical Nutrition Therapy and Dietetics I + Lab	6
NUTR-340 Phytochem, Functional Foods and Suppl.	6	NUTR-315 Sports and Exercise Nutrition	6
Business Elective	6	NUTR-355 Food and Drug Interaction	6
<b>Total</b>	<b>30</b>	<b>Total</b>	<b>30</b>
Observation Placement		Observation Placement	
7 <sup>th</sup> Semester	ECTS	8 <sup>th</sup> Semester	ECTS
NUTR-481 Medical Nutrition Therapy and Dietetics II + Lab	6	NUTR-482 Medical Nutrition Therapy and Dietetics III + Lab	6
NUTR-460 Contemporary Issues in Food and Nutr	6	NUTR-495 Final Year Project	12
NUTR-490 Research Methods in Dietetics	6	XXX-XXX Major Elective	6
Business Elective	6	XXX-XXX Major Elective	6
XXX-XXX Major Elective	6		
<b>Total</b>	<b>30</b>	<b>Total</b>	<b>30</b>
Observation Placement		Observation Placement	

**Observation Placement:**

Areas: (a) Clinical Nutrition and Clinical Dietetics, (b) Food Service/Industry, (c) Community/Public Health, (d) Administrative

Duration: 1<sup>st</sup> and 2<sup>nd</sup> year - 4weeks (140 hrs), 3<sup>rd</sup> year - 6weeks (210 hrs), 4<sup>th</sup> year - 6weeks (210 hrs)

## 8.0 Course Sequence Recommendations:

### 8.1 Upper-Level Courses

Course offerings may vary from semester to semester and from year to year, particularly at the upper-level (300- and 400- series). Some courses (particularly the 400-series) may not be offered every year because of cancellation due to low enrolment. It is important, therefore, to preregister and plan ahead. A schedule of courses and the semesters in which they will be offered in the next academic year will be available from your Academic Advisor. You should consult this list and your Academic Advisor as you plan your long-term course of study and make certain that you have *taken all of the courses that are prerequisites* for upper-level courses (required or electives)

### 8.2 Final Year Project – NUTR-495

This required upper level course allows students to learn in more detail about the various issues related to scientific research and to pursue an independent laboratory-based, technology-based or field-based research project under the supervision of a faculty member.

The experience that you will gain from an independent study-research project is an added advantage especially if you are intending to pursue graduate or professional school. Projects are generally designed by the student under the guidance of the faculty supervisor or they are selected from a list of projects that will be provided by the faculty.

If you are interested to propose your own research project, you should approach a faculty member who is experienced in the general subject of your interest, discuss your idea with him/her and find out if he/she agrees to supervise you. If you will select a project from the available list of projects proposed by faculty, you should try to find out more details about the project from the faculty member who will supervise you and register your name to the projects of your interest (up to three). For the project that you will be assigned you will be required to do a literature research, write up a proposal, execute the project, write a Research Report and present your Project by the end of your final year of studies. The specific requirement for the Research Project Proposal, project execution and Research Report are in Appendix I.

## **9.0 Teaching/Learning and Assessment Methods:**

In the beginning of each course you will be provided with the course syllabus and course schedule where the course learning objectives and the methods of teaching/learning and assessment will be specified. Student centered learning is an essential feature of the Programme and it becomes predominant in the second half of the Programme.

For several courses, Intranet facilities may also be available to you to access information on courses including lecture notes, support materials and Web resource links to support your learning.

### **9.1 Teaching and Learning methods:**

A variety of delivery methods, including traditional lectures, academic tutorials/student led discussions, seminars, practical classes in scientific laboratories, guided independent study, written exercises, assignments, experiential learning laboratory practical sessions and group work will be used for the presentation of the programme and all students will be encouraged to contribute and participate in their learning.

The mixture of the various teaching and learning strategies will be implemented throughout the programme and they will be renewed according to the educational needs and updates of the programme. This in turn will be supported by academic counseling /tutorial to the students.

Lectures are mainly teacher-led presentations, designed to convey important bodies of knowledge and to guide students in their learning.

Academic Tutorials are student centered learning which may be student- or tutor-lead largely within a pre-determined framework associated with projects and other assignments (during preparation or by way of feedback); with general monitoring and discussions of an individual student's progress.

Seminars will be formal student presentations or attendance of faculty presentations. Generally they may be used to explore issues in depth and/or to facilitate integration and communication skills.

Practical Classes in the laboratory serve mainly to equip students with the fundamental practical skills relevant to the area of the course.

Study Skills will include introduction to important learning resources within and beyond the institution; guidance in effective bibliography search and citation, time management and use of information technology.

Guided independent study includes preparatory study and research for, and completion of, individual and/or group assignments; preparation/follow-up work assignments associated with lectures, seminars and laboratory classes.

Academic counseling is provided on an individual and collective basis to inform students of the rational, aims and objectives of the Programme as a whole and of each individual course and components; it serves to advise students of the specific learning opportunities available to them; to provide information about learning activities and assessment; and to facilitate discussion of expectations and anxieties.

The blend of the teaching and learning methods will provide the basic theory on which the more applied aspects of the programme will build. The teaching and learning strategies will provide:

- A coherent and progressive programme in Nutrition and Dietetics leading to a development of knowledge, competence and skills
- An application of theory to practice
- Activities such as group work, laboratory practical sessions, case studies and role play to maximise student participation in the learning process
- A programme of liberal studies which will broaden the students intellectual horizons and their understanding of social, political and cultural aspects of food and nutrition

## **9.2 Assessment Methods:**

A wide variety of methods are used to assess your progress and attainment of the learning objectives of the Programme including:

- Quizzes/Test and comprehensive exams (multiple choice questions, comprehensive questions, short-answers).
- Essay assignment, laboratory work and reports, activity logs.
- Individual and group project assignments.
- Problem solving exercises.
- Individual and team seminars/presentations.
- Research Project.
- Peer review.

## **9.3 Late Hand-in of Assignments Policy**

Students will be given clear instructions on required submission dates/times and formats for work that is to be handed in for assessment. Failure to meet the specified deadlines will result in marks penalties.

Except where there are well defined extenuating circumstances (e.g. submission of a Doctor's note in the case of illness) marks will be deducted in the following manner:

- a) For exceeding or falling short by more than 10% required words in essays or reports, loss of 5% of marks
- b) For handing in assignments/lab reports 1 -3 days late, loss of 5% marks
- c) For handing in assignments/lab reports between 3 and 10 days late, loss of 10% of marks
- d) For handing in assignments /lab reports more than 10 days late, loss of all marks for that submission

N.B. The above penalties will be applied to all NUTR and FDSC coded courses.

## **10.0 Advising:**

### **10.1 Academic Advisor**

Upon entry to the Programme you will be assigned an Academic Advisor (AA) who will aid you in selecting your courses, long-range planning of a course of study, satisfying the requirements of the Programme, and other academic issues that may arise in the course of your studies. You will need to consult with your AA at least twice per year in order to enroll in courses for future semesters, but you are encouraged to consult with your advisor whenever you have a question regarding your academic program.

### **10.2 Faculty Advisor/Mentor**

Faculty Advisors (FA) are the full time faculty of the University who are affiliated and teach in the Nutrition Programme. In the beginning of your studies you will be assigned a faculty member to act as your FA. It is up to you to contact the faculty member by e-mail, telephone or by visiting during scheduled office hours and to get to know him/her.

Faculty member will always be able to offer you a perspective that the AA and your fellow students can not offer. FAs are directly involved in your field of study and the Programme and they can be valuable in advising you on your future plans, graduate studies, research, and career options. Your FA will also be able to discuss any of your concerns and answer any questions about your course of study or give you advice how to overcome difficulties in your learning experiences.

Taking up student advising is an added responsibility to the busy schedule of the faculty and you should try to avoid wasting their time. When you meet with your FA, introduce yourself and try explaining why you are there having your questions and topics of conversation ready. Bring with you any documentation that may be required for your discussions. Keep an open mind when you meet as the FA's advice may be against your original plans or what the AA has approved. View your FA as an invaluable resource; go and see your FA often and try to build a good working relationship with him/her. This relationship can be of use to you when the time comes to ask for letters of recommendations, to ask for help with your career planning or to get into graduate school etc.

If you have trouble communicating/interacting with your FA then discuss your problems with the Programme Coordinator and ask for a change of Advisor. Furthermore, do not forget that you are most welcome to address your questions to any of the faculty of the Programme independently.

## 11.0 Student Resources:

Information specifically valuable to Nutrition Programme Majors may be found on the Department's web page. Materials posted on this site include updated versions of this Student Handbook, requirements for the Major in Nutrition, a listing of all courses offered by the College (including descriptions and syllabi for some of the courses), and learning objectives that students are expected to meet as part of the requirements for completion of their Degree. Also available on the site are schedules and other information about Departmental faculty and staff. It will be useful to you as a student to familiarize yourself with the information and resources available on this web site.

Independent learning packs, library-based materials, CD ROM and Web-Based literature search databases, computerized library catalogues, inter-library loans and video learning materials will be available to you during your studies. A range of ICT learning facilities for word processing, CAL software use, data processing and analysis, and computer interfaced instruments will also be available.

In addition there is a number of resources, which are available to all students at the College. These resources include the Academic Affairs Office, Students Affairs Office, the Language Center and the Career Services Center. All of these services are provided to College students free of charge. Further information is available in the University of Nicosia Web page <http://www.unic.ac.cy/>

### NEW INFRASTRUCTURAL RESOURCES

The Program of Nutrition and Dietetics provides numerous resources to assist in the learning process as well as provide memorable experiences for students. Such resources include the Nutrition Assessment Lab and Food Science Lab, the Dietetic Observation Placement as well as other resources. These resources will be utilized by all students, at some point in their academic career

Future Needs of the Program: The Nutrition Intervention and Research Laboratory  
**The Nutrition Intervention and Research Laboratory (NIRL)** will be located in the Program of Nutrition/ Dietetics under the Department of Life and Health Sciences. In addition to providing infrastructure to support funded research and sponsored programs, the NIRL will provide space and resources to train undergraduate and graduate students in research methodology. The NIRL will contain an area for phlebotomy and blood storage, anthropometric equipment, a private subject/researcher data collection space, and a private counseling room.

### Library Resources

The University of Nicosia has a well-equipped library, a short walk from the main campus building, whose resources can be accessed on-line and from home. The University Library Information Gateway ([www.library.unic.ac.cy](http://www.library.unic.ac.cy)) gives access to local, national and international sources including the online catalogue (UniCAT).

The system enables students to search the 90,000 books of the library collection, to reserve material, to view outstanding loans and renew books accordingly. In addition to the main collection, the library has a reserve collection (for short loan) and a reference collection. Access is given to a wide range of networked electronic sources relevant to the subject area of study including on-line databases. Students will also have access to StudyNet, the University's managed learning environment.

For materials not found in the University library, or any other libraries on the island, there is an Interlibrary Loan Service provided through collaboration with the University of Cyprus, the British Library Document Supply Center and the University of Utah.

The library provides a pleasant atmosphere for individual and group study and library staff are available to provide assistance if required. Opening hours are 08:00-20:00 Monday-Friday and 09:00-17:00 on Saturdays. Photocopy facilities, TVs and tape recorders are available for materials not loaned out, as well as dedicated terminals with Super Nova, for blind or visually impaired users.

The library holdings are quite updated and, every year, through the library budget, a number of new books is ordered by the academic Departments in order to further enrich the holdings. Currently, the library has several thousands of books in the areas of Life and Health Sciences, Chemistry, Physics, Mathematics and allied areas.

In addition the library supports research with subscription to over 100 print journals, some of which are available also as e-journals (on-line form). Faculty members have access to journals either through personal subscriptions which are subsidized by the University or through their collaboration with the University of Cyprus and the Cyprus Institute of Neurology and Genetics. Furthermore, the library subscribes to several journal databases under the Life & Health Sciences.

## **12.0 Cheating and Plagiarism**

**Cheating** is defined as dishonesty of any kind in connection with assignments and examinations. It applies to both giving and receiving unauthorized help. **Plagiarism** is defined as presenting the work of someone else as one's own. Cheating and plagiarism are contrary to the ideals of the College and will be treated as a disciplinary offence in addition to failure in that particular assignment or examination.

## **13.0 Health and Safety**

In accordance with the College Policy you are responsible for observing the College Health and Safety rules and while working at the premises of University of Nicosia to have regard to the safety of yourself and others who may be affected. For all courses with laboratory sessions, you will be provided with Safety Rules which you must read and obey. Your access to a laboratory or other premises may be denied if you fail to comply with the published safety rules. In some cases you will need to provide clean white laboratory coats and appropriate footwear is required.

## 14.0 Equal Opportunity Policy

University of Nicosia has adopted an Equal Opportunity Policy and is responsible for ensuring that the aims of this policy are fulfilled regarding students accepted to the Nutrition Programme.

## 15.0 Teaching and Research Faculty making substantial inputs to the Programme

UNIC LECTURER INFORMATION		
Lecturer	email	telephone
Andreou Eleni	andreou.el@unic.ac.cy, aeleni@spidernet.com.cy	22842040, 99464040
Christofidou Maria	christofidou.m@unic.ac.cy	22841500 99657073
Demetriades Kyros	kyros.demetriades@ppgroup.com.cy	22841500 99569769
Iacovides Demetris	iacovides@gmail.com	22841500 99696917
Konsoula Zoi	konsoula.z@unic.ac.cy	22842533
Papandreou Dimitris	Papandreou.d@unic.ac.cy	22841500, 97784892
Philippou Elena	philippou.e@unic.ac.cy	22841500, 99611272
Vassilopoulou Emilia	emivasil@hotmail.com	22841500, 99027016
Zampellas Antonis	zampelas.a@unic.ac.cy	22841500

## 16.0 Course Descriptors

### **ACCT-110 Accounting I; ECTS Credit Units 6**

Beginning course in financial accounting principles with emphasis on the Balance Sheet, Income Statement, and Statement of Owner's Equity. This course includes accrual basis accounting and the use of various journals and ledgers necessary to compile the financial data used in preparing financial statements. PREREQUISITE(S): None

### **BADM-231 Business Communications; ECTS Credit Units: 6**

This course is designed to help students develop skills necessary to work within a business-oriented context. Students develop business communication skills in the areas of letter writing, drafting proposals, report writing and public speaking. The format of the course is 3h/week lectures. PREREQUISITE(S): ENGL-101

### **BADM-332 Technical Writing and Research; ECTS Credit Units: 6**

Application of the principles and mechanics of research and technical writing. Students will conduct a primary research project. Skill development will be focused on applied writing skills; research design and development; electronic communication; research reporting and planning; and completion of a project. The format of the course is 3h/week lectures. PREREQUISITE(S): ENGL-101

### **BADM-491E Special Topics in Business; ECTS Credit Units 4**

This course allows students and faculty to explore new areas not normally covered in any other courses or study specific topics that are interdisciplinary, of great interest or recently evolving. The course is taught in the form of seminars where students are expected to contribute material and participate in class discussion. A written project is normally expected. One credit hour is awarded for about 40 hours of work including classroom contact and off-classroom work. PREREQUISITE(S): Advanced Standing

### **BIOL-101 General Biology I; ECTS Credit Units: 6**

The purpose of the course is to give students an understanding of the basic principles of biology and to raise fundamental questions that will strengthen their interest in the science of life. Students are introduced to the biodiversity of organisms and the fundamental principles of cell biology in Eukaryotic and Prokaryotic cells. Students learn the basic cell components (cell membrane and organelles), the function of biological macromolecules, cell energy requirements and cell growth and reproduction. The course format includes 3h lectures/week and 2h hands-on laboratory experience. PREREQUISITE(S): High-School Biology or a Biology Foundation Course

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### **BIOL-102 General Biology II; ECTS Credit Units: 6**

BIOL-102 is a continuation of BIOL-101. The course aims to give students a basic knowledge and background on the theory of evolution and on the structure and function of genes and chromosomes with regard to protein expression, gene mutations and genetic inheritance. Students are introduced to Mendelian genetics and to the structure and function of DNA, gene transcription and translation, how gene expression in prokaryotes and eukaryotes is regulated and about the bacterial genetics use in biotechnology. The course format includes 3h lectures/week and 2h hands on laboratory experience. PREREQUISITE(S): BIOL-101

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### **BIOL-205 Human Anatomy and Physiology I; ECTS Credit Units: 6**

The aims of the course are to emphasize interrelationships of the human body organ systems, homeostasis and complementarity of structure and function. The student is introduced to the human skeletal, muscular and nervous system structure/parts and to their physiological functions in a logical and easy to understand manner which is complemented by gross and microscopic anatomy laboratory exercises on anatomical models and charts. Students learn to integrate body physiology to major human diseases and are introduced to research literature on clinical advancements. The course format includes 3h lectures/week and 3h hands on laboratory experience. PREREQUISITE(S): BIOL-101

### **BIOL-206 Human Anatomy and Physiology II; ECTS Credit Units: 6**

BIOL-206 is a continuation of BIOL-205. The student is introduced to the remaining body systems (Endocrine, Cardiovascular, Lymphatic, Immunity, Digestive, Urinary and Reproductive) and their physiology to complete the knowledge content on interrelationships of the human body organ systems, homeostasis and complementarity of structure and function. Lectures are aided with reference material regarding the latest research information on major human diseases and clinical advancements. Knowledge of body system physiology is further integrated to normal body functions and human diseases and complemented by gross and microscopic anatomy laboratory exercises on anatomical models and charts. The course format includes 3h lectures/week and 3h hands on laboratory experience. PREREQUISITE(S): BIOL-205

### **BIOL-231 Biostatistics; ECTS Credit Units 6**

The course will introduce students to statistical methods with emphasis on the application of statistical ideas and methods for designing and interpreting biological experiments and comparative data. Students will be taught the use of SPSS, including the creation of variables and data sets, how to conduct statistical analyses, and interpretation of data outputs. The format of the course will be 3h/w lectures and 1h/w hands on experience using EXCEL and the SPSS program. PREREQUISITE(S): MATH-108, BIOL 102

### **CHEM-104 Intro to Organic and Biological Chemistry ; ECTS Credit Units 6**

The purpose of this course is to give the students an introduction to the basic concepts of organic chemistry and the principles of general chemistry especially as they apply to biological systems. The course also introduces the students to compounds and tests relevant to biochemistry. Some parallel aims are the development of problem solving skills and the cultivation of critical thinking. PREREQUISITE(S): None

### **COMP-150 Microcomputer Applications; ECTS Credit Units: 6**

The course is designed to introduce the student to popular application software packages, which may include word processing, electronic spreadsheets, database management, graphics, and statistical applications. Emphasis will be on how each can benefit the user in the home, the classroom, or the office. Includes supervised structured laboratory exercises. The format of the course is 3h/week lectures. PREREQUISITE(S): None

### **COMM-200 Business & Professional Communication; ECTS Credit Units: 6**

This course is designed for the student who anticipates a career in business or a profession. The student will study business and human communication theories and effective reading and listening techniques. Non-verbal symbols are also discussed. Students will be taught in how to conduct and effective interview. The format of the course is 3h/week lectures. PREREQUISITE(S): ENGL-100

### **ENGL-100 Basic Writing; ECTS Credit Units: 6**

The course provides for the review of basic writing skills. Proficiency will be increased in the use of grammar and mechanics. The writing process will be reviewed, evidenced by attention to subject, audience and purpose, and pre-writing, writing and editing skills, in addition to concentration upon the understanding and ability to write fully developed paragraphs and multi-paragraph assignments. The course will also identify and develop different writing styles in some depth and students will demonstrate increased self-awareness in writing through collaboration with peers, in small groups and independent study. The format of the course is 3h/week lectures. PREREQUISITE(S): Placement Test or BENG-100

### **ENGL-101 English Composition; ECTS Credit Units: 6**

This course provides for the study of the strategies of written discourse, concentrating on the whole essay and emphasizing expository and persuasive prose. Attention is given to the mechanics of English and correct grammatical forms. The goal of the course is directed toward the process of gaining rhetorical fluency, i.e. the discovery of the most suitable stylistic means of informing and appealing to a particular audience. Each student will write themes using various patterns of formal organization. Models of good expository prose will be examined to illustrate the principles of effective composition. The format of the course is 3h/week lectures. PREREQUISITE(S): Placement Test or ENGL-100

### **FDSC 200 Food Microbiology & Lab; ECTS Credit Units 6**

This course aims to give a general introduction to microbiology but with special reference to as to how the subject impacts on food. The course will include topics such as the structure of micro-organisms and the factors that affect their reproduction and growth and how these factors may be manipulated to control the development of organisms in food. Food spoilage and food poisoning will be described and the importance of these in relation to food storage and safety will be explained. Setting microbiological standards

for food and the meaning of these will be explored along with the principles of food hygiene in controlling food contamination. Food Safety management systems with special emphasis on HACCP will be described. PREREQUISITE(S): BIOL 102

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### **FDSC -250 Food Chemistry & Lab ; ECTS Credit Units 7**

This course introduces the student to the chemistry of food constituents and their structure and function. The effect of chemical composition on preparation techniques and organoleptic quality of foods will be discussed with particular reference to meat, fish and fruit and vegetables. The food component interaction, Browning reaction, will be defined and the consequences of such a reaction on the safety and quality of the food discussed. The theory classes will be supported by appropriate laboratory work. PREREQUISITE(S): CHEM 102

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### **FDSC 260- Food Science & Management Principles & Lab; ECTS Credit Units 6**

The aim of this course is to introduce to the student the main classes of food and the particular characteristics and nutritional properties of the food. Particular emphasis will be placed on flesh foods, cereal foods and fruits and vegetables. The use of food additives in the various food groups will be discussed and the assessment of foods by Sensory Analysis explained and demonstrated. Labeling of foods and other government regulation of foods will be described and debated. PREREQUISITE(S): FDSC 250

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### **FDSC-316 Food Service Systems Management & Lab ; ECTS Credit Units 6**

The main objective of this course is to explore the organization and administration of food service systems to increase the skill of the students to plan menus, create specialist menus for those suffering defined conditions and to ensure the food is provided in a safe and organoleptically sound condition. Aspects of product specification and bulk procurement procedures will be discussed along with the methods and reasons for sampling and consumer satisfaction surveys. PREREQUISITE(S): FDSC 305 and NUTR 350

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### **HIST-257 Modern Cypriot History and Politics; ECTS Credit Units: 6**

The course will cover the political and cultural history of Cyprus and its historical monuments in order to allow students to understand today's reality and the Cyprus problem as well as its economy, government and E.U. prospects. The format of the course is 3h/week lectures. PREREQUISITE(S): Junior Standing

### **MATH-108 Finite Mathematics with Applied Calculus; ECTS Credit Units: 6**

This course is designed to help students understand the methods and concepts of Finite Mathematics and Calculus with a focus on applications to biology and the life and health sciences. Among the topics studied will be sets, matrices and matrix operation, functions, solving linear and non linear systems, an introduction to the concept of probability and an introduction to derivatives and integrals. The format of the course is 3h/week lectures and 1h/week problem solving demonstrations. PREREQUISITE(S): MATH-105 or pass the Mathematics Placement Test

### **MGT-281 Introduction to Management ; ECTS Credit Units 6**

To gain understanding of the main managerial roles and functions as they apply in the successful operation of a business enterprise (including non-for-profit institutions) within the social setting. To appreciate the social responsibility of Business Organizations and the ethical context within which they should operate. To obtain an appreciation of the evolution of management theories and their effects on business practices. To familiarize the students with the strategic management process, the planning tools and the processes of decision making and their applicability. To appreciate the effects of a changing local and international business environment on the business policies. To appreciate the use of MIS in business operations. To appreciate the importance of the human resources and of labor relations in the management of a business. PREREQUISITE(S): Sophomore Standing

### **MKTG 291 Marketing; ECTS Credit Units 6**

The Marketing Course aims to introduce students to the fundamentals of the marketing process. It analyzes all marketing concepts emphasizing at the same time the need for the marketer to create customer value and to build long lasting relationships with customers. PREREQUISITE(S): Sophomore Standing

### **MULT 160 Introduction to Multimedia; ECTS Credit Units: 6**

The course introduces the student to the basic concepts of multimedia. It concentrates on the hardware and software technology involved. Areas discussed are the impact of hypermedia applications in our life and several societal issues. It examines all of the multimedia elements - text, graphics, animation, video, sound. Includes supervised structured laboratory exercises and project. The format of the course is 3h/week lectures with hands on demonstrations. PREREQUISITE(S): None

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### **NUTR 110 Introduction to Nutrition and Health; ECTS Credit Units 6**

The purpose of this course is to give the students a basic understanding of human nutrition and to emphasize the importance of this in promoting and maintaining health and achieving optimal health. The course will explain the scientific concepts of nutrition and separate facts from fallacies. All the major food components will be discussed and their respective roles in nutrition described. In addition the units commonly used in describing nutrients (e.g. RDA, EAR, RNI etc) will be defined and put in context. PREREQUISITE(S): None

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### **NUTR 250 Principles of Nutr. Biochemistry & Metabolism; ECTS Credit Units 6**

This course will give students an introduction to the fundamental principles of human nutrition emphasizing the topics of structure and function of the macronutrients, their energy metabolism and role in overall health. The details of the digestion process will be described along with the consequences of excess and deficient intake of the various macronutrients. The role of fibre and different types of lipid will receive special attention especially as they relate to the development and/or control of obesity. PREREQUISITE(S) : BIOL 106

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### **NUTR 255 Principles of Nutr. Biochemistry & Metabolism II; ECTS Credit Units 6**

The aim of this course is to introduce the students to the fundamental principles of nutrition but with particular emphasis on the micro-nutrients (Vitamins and minerals). Their digestion and absorption will be described along with their importance in maintaining metabolic processes and their implications for overall health. The course will also describe the development of nutritional guidelines, how these are derived and their applicability to individuals and populations. PREREQUISITE(S): NUTR 250

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### **NUTR 260 Public Health & Community Nutrition; ECTS Credit Units 6**

This course will present to the students the major nutritional problems of both developed and developing countries. It will also address questions as to health maintenance, survival and development capacity as a reflection of nutritional status. Students will also come to understand the concept of nutrition transition in populations in relation to increasing trends in non-communicable disease as a cause of death. PREQUISITE(S): NUTR 110

### **NUTR 265 Human Ecology; ECTS Credit Units 6**

This course will introduce students to ecological concepts and applications and will also provide the framework that will enable students to make informed decisions on environmental issues. The course looks at food webs along with energy production and flow and students will begin to appreciate the conflicts between such issues as bio-fuels and food supplies. The course addresses amongst other issues the ecology of competition, population growth and parasitism and disease. PREQUISITE(S): BIOL 231 and NUTR 320

### **NUTR 280 Nutrition Behaviour Management; ECTS Credit Units 6**

This course addresses the psychological factors affecting health and health care treatment throughout the various stages of life in the context of how people's psychological needs may influence eating behavior and responses to health related dietary changes. Students will come to understand how behavioural and cognitive methods can help individuals cope with stress related to maladaptive eating behavior and weight control. PREREQUISITE(S): None

### **NUTR 290 Nutritional Assessment and Management; ECTS Credit Units 6**

This course will introduce the student to the various methods and procedures used in nutritional assessment and care. Such methods will include anthropometric, biochemical, clinical and dietary assessments and how to relate these to health status in the individual. Students will also be instructed in the rationale of such tests and how the tests need to be interpreted to give meaningful results which can be used as a basis for possible treatment and/or intervention. PREREQUISITE(S): NUTR 255

### **NUTR 315 Sports Exercise and Nutrition; ECTS Credit Units 6**

The main aim of this course is to give an understanding to the students about the special nutritional needs by athletes. Students will be able to integrate their knowledge of nutritional physiology, biochemistry and metabolism with that of exercise physiology. Students will be able to give advice on appropriate diets/supplement regimes to achieve optimal and peak performance in different types of sports activity and recognize the importance of energy and fluid intake by high level performing sports persons. PREREQUISITE(S): NUTR 255

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### **NUTR 320 Nutrition through the Life Cycle; ECTS Credit Units 6**

The purpose of this course is to introduce nutrition as it relates to human growth and development (pregnancy, lactation, infancy, childhood, adolescence, adulthood and ageing) and the physiological basis of nutritional requirements. A special feature of the course is the examination of specific eating patterns and nutritional requirements in relation to degenerative conditions due to aging. PREREQUISITE(S): NUTR 110

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### **NUTR 330 Dietetics and Nutrition ; Theory and Practice ECTS Credit Units 6**

The aim of this course is to introduce to the students the principles and practice of dietetics. The students will come to appreciate the relationship between diet and health and how dietary needs may vary in a diseased individual. The course will also introduce the students to crucial topics of clinical effectiveness, cognitive behavioral needs and healthcare professional ethics. PREREQUISITE(S) or CO-REQUISITES: NUTR 250 and NUTR 320

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### **NUTR 340 Phyto-chemicals, Functional Foods and Supplements; ECTS Credit Units 6**

This course will introduce the students to the range of phyto-chemicals found in herbs, fruits and vegetables and how many of these have beneficial health effects. The various mechanisms of how phyto-nutrients express their beneficial effects will be discussed including anti-oxidant properties, hormesis effects etc. The course will also discuss the regulatory control of such substances and how the legislation seeks to ensure that only appropriate claims are allowed to be made for the various substances. PREREQUISITE(S): FDSC 250 and NUTR 255

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### **NUTR 355 Food and Drug Interactions; ECTS Credit Units 6**

This course addresses the important area of food and drug interactions. Students will be given guidelines on monitoring the status of people on medication schedules and taught how diseases and aging affect drug-nutrient metabolism. Also included will be the biochemical/metabolic mechanisms involved in food and drug interactions. Additionally the possible effects of food supplements and special diets on drug expression will be considered. PREREQUISITES NUTR 255 and FDSC 250

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### **NUTR 360 Experimental Foods & Lab; ECTS Credit Units 6**

This course introduces the student to the main types of food processing with emphasis on preservation of nutritive quality and on preservation from spoilage and poisoning by bacterial and toxic substances. The student is also introduced to quality control, assurance of product standards, and sanitation requirements for safe-food production. The course format will be lectures and lab 3h/week, assigned literature and visits to food processing industry and practising in cooking principles . PREREQUISITES FDSC 260

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### **NUTR 370 Communication Skills and Nutritional Counseling; ECTS Credit Units 6**

The course helps the student to understand the importance of good communication and assists them to develop interpersonal skills to work with allied health professionals for the most effective client/ patient assistance. Reference to the “Skilled Helper Model” will be made and how this approach can help in referring patients/clients to other professionals or disciplines when a situation is beyond the competence of the nutritionist/dietician. PREREQUISITE(S): NUTR 330

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### **NUTR 380 Medical Nutrition Therapy and Dietetics I & Lab; ECTS Credit Units 6**

The main objective of this course is to provide the student with an over view of the pathophysiology of disease and resultant nutritional implications. An additional objective of the course is to introduce the student to the terminology necessary to engage in appropriate conversation with other medical professionals. The students will also be introduced to the principles and methods of diet modification for some common diseases. PREREQUISITE(S): NUTR 350

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### **NUTR 390 Principles of Food Quality Assurance; ECTS Credit Units 6**

The main objective of this course is to introduce the various methods of food analysis and the operation of management programmes (e.g. HACCP) for food safety and quality assessment. The use of statistical methods and charts to monitor and control food quality will be demonstrated. National and International regulations concerning food safety and quality will also be examined and discussed. PREREQUISITE(S): FDSC 305

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### **NUTR 420 Food and Nutritional Toxicology; ECTS Credit Units 6**

The course will introduce the student to the subject of toxicology. The main objective of the course is to make students aware of the potential adverse properties and effects that certain foods can have on consumers. It will provide examples of food contaminants and components and indicate their potential toxic, carcinogenic and teratogenic effects on all or specific groups of consumers. The course will also give an overview of how food legislation, at national and international level, seeks to control or eliminate such problems. PREREQUISITE(S): None

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### **NUTR 460 Contemporary Issue in Food and Nutrition; ECTS Credit Units 6**

This course introduces students to ideas on the causes, nature and effects of a number of current food and nutrition issues. Students will be introduced to the role of influential factors, including interaction of biological lifestyles and socio-cultural aspects of human behavioural changes; changes in the nature of the food system; role of government and professional groups and consumer interests. PREREQUISITE(S): NUTR 110

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### **NUTR 465 Food, Culture and Nutrition; ECTS Credit Units 6**

The main aim of this course is to develop in the students an awareness of the factors that influence food selection, food preparation methods, and dietary habits both at individual and population level. Reference will be made to social, cultural and religious beliefs that influence food selection and avoidance. Effects of economic considerations and literacy standards on food selection will also be discussed. The Mediterranean diet and its significance in health of the consumers will be highlighted. PREREQUISITE(S): NUTR 110

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### **NUTR 470 Food and Nutrition Policy; ECTS Credit Units 6**

This course will familiarize the student with the steps and dynamics of policy making processes that address nutrition problems and issues. Students will develop the skill to be able to critically appraise specific nutrition policies as regards their evidence base, adequacy of implementation and nutritional impact. PREREQUISITE(S): None

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### **NUTR 481 Medical Nutrition Therapy and Dietetics II & Lab; ECTS Credit Units 6**

This course will provide students with information on the nature and etiology of selected disease conditions with a focus on solving dietetic problems accompanying them. In addition the students will be encouraged to develop a critical understanding of aspects of nutritional requirements in disease as well as an appreciation of nutrition-related diseases and the therapeutic diets used to treat them. A series of case studies will be used to highlight the learning objectives. PREREQUISITE(S): NUTR 380

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### **NUTR 482 Medical Nutrition Therapy and Dietetics III & Lab; ECTS Credit Units 6**

This course is designed to provide students in nutrition with an overview of the pathophysiology of disease and resultant nutritional implications. The course provides a vocabulary which will enable students to converse with other medical professionals, a rationale for medical nutrition therapy and parameters for monitoring nutritional status of patients in a clinical setting. It also introduces the students to the principles and methods of diet modifications for common diseases. The format of the course will be 3h/w of lectures. PREREQUISITE(S): NUTR 481

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### **NUTR 490 Research Methods in Dietetics; ECTS Credit Units 6**

The main Objectives of the Course are to: recognise the value the role of research in underpinning evidence-based dietetic practice, consider the value of various types of evidence gathered by research methods in relation to dietetic practice, understand the processes required to carry out a research project and the challenges associated with undertaking this in nutrition and dietetic research and understand the levels at which dietitians must engage in research activity throughout their career  
PREREQUISITE(S): BIOL 231

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### **NUTR 495 Final Year Project; ECTS Credit Units 12**

This course introduces the student to the procedures, practices and ethical issues of scientific research. The parts of a research proposal will be introduced, as well as methods of reporting and disseminating study findings in a comprehensive manner and for particular target audiences. Focus will be on how to design an experiment, collect and analyze data (qualitatively/ quantitatively) and present/discuss research results in a professional and ethical manner. During the period of the course, students are expected to formulate and plan the stages of their research project and write a research proposal, which includes: framing and supporting a research problem with the relevant background and literature, identifying a theory basis for the research question(s) to be addressed, and selecting an appropriate study design/methodology strategy based on a risk analysis of expected results. This course addresses the essentials of students doing independent research under the supervision of a faculty. Focus will be on the student following an appropriate design strategy/methodology, collecting and analyzing the experimental data, and presenting and discussing their research results on the basis of their original hypothesis and the relevant background and literature available/used. Students are required to write a formal Research Project Report where all these are incorporated and to present and defend their Research Project results and conclusions. PREREQUISITE(S): All 300 courses

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### **PHIL-120 Ethics; ECTS Credit Units: 6**

The course will cover a number of ideas, theories and arguments on ethics. As a philosophical subject ethics will stress the reasons behind different positions. Students will be encouraged to assess where the weight of reason rests. The format of the course is 3h/week lectures. PREREQUISITE(S): None

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### **PSY-110 General Psychology I; ECTS Credit Units: 6**

This introductory course in psychology is designed to clearly set forth the principles and the processes of psychological research in a way, which is sensitive to the students' capabilities and interests. Students are expected to gain an insight into those questions that stimulate investigation into the complexities of human behavior and mental processes and develop a sensitive and critical approach to current theories. The format of the course is 3h/week lectures. PREREQUISITE(S): None

**PSY-111 General Psychology II; ECTS Credit Units: 6**

This course will introduce students to the psychological processes that differentiate human behaviour. It will seek to engage students in raising important psychological questions and help them answer them. Students learn through discussion the practical implications of applied psychological theory. The format of the course is 3h/week lectures. PREREQUISITE(S): PSY-110

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**SOC-101 Principles of Sociology; ECTS Credit Units: 6**

This course is an introductory study of the foundations of Sociology and will make a sincere effort to reclaim our chance to think in a spherical, interdisciplinary manner. The declared purpose is to awaken the Sociological imagination and spark the creative energies of critical intelligence in order to first understand, then explain and/or intervene in social processes. The students are expected to familiarize themselves with the rich corpus of sociological theory and practice that will enable them to make sense of the plight, the dilemmas and the possibilities of the global modernity in which they live. The format of the course is 3h/week lectures. PREREQUISITE(S): None

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# APPENDIX I

## **(i) REGULATIONS FOR STUDENTS' RESEARCH PROJECT**

### **1. General**

- 1.1 For the award of the B.Sc. Degree in Nutrition, every student must undertake to write a research proposal and execute a research project as described in NUTR 480.
- 1.2 The coordination of students' research project is under the responsibility of the Course Leader.
- 1.3 During the course of NUTR 480, students are expected to formulate and plan the stages for their Research Project. This includes the selection of a research project of their own choice or from the list of projects proposed by faculty. Research projects proposed or assigned must have the approval of the faculty who will supervise the student.
- 1.4 Every student in consultation with their assigned supervisor, must write a Research Proposal (5-10 pages long, references must be included) on the research topic selected and approved.
- 1.5 Students must submit their proposal to their supervisor for approval after which, students can start working on their project. Students should plan to have at least one day of the week free to work on their research project.
- 1.6 Students must submit, present and defend their Research Project Report by the end of the 8<sup>th</sup> semester. Successful completion of all of the requirements for the Research Project and Report (NUTR 480) is equivalent to 12 ECTS credit units.
- 1.7 The final written report must be about 30-50 pages long (Figures, Tables and References must be included).

### **2. Submission and Announcement of Research Projects.**

- 2.1 Every faculty of the Programme submits to the Course Leader by the end of the 6<sup>th</sup> semester, up to three research topics that can be undertaken by students. Every topic must have a title and a short description of the project.
- 2.2 The Course Leader announces to students the projects available for their research work in the following year, by the end of the 7<sup>th</sup> semester.

### **3. Choosing a research project.**

- 3.1 Every student is responsible to secure a research project and the approval of the faculty member supervising the project by the start of the 8<sup>th</sup> semester. It is advisable that students discuss with the appropriate faculty their own project or those announced by faculty to help them with their project choices.
- 3.2 Each student then must submit to the Course Leader their preferred list of projects (up to three in terms of priority) or the title of a project of his/her

own choice with the name of the faculty who has agreed to supervise the project. On the basis of students' preferences, and in consultation with the faculty, the Course Leader assigns the projects and corresponding faculty supervisors to each student, and the list is announced.

- 3.3 Under special circumstances students may be allowed to change their research project and/or supervisor within the first three weeks from their registration in NUTR 480. Submission of a new Registration Form is required if there is a change of either project or supervisor.

#### **4. Progression and Assessment of Research Project.**

- 4.1 Students are required to arrange with their supervisor for any facilities or training they may require towards the completion of their research project.
- 4.2 Students are encouraged to meet with their supervisor at least three times during the semester and report on their progress or seek their advice and help where appropriate.
- 4.3 Students are assessed for their progress by their supervisor at the end of the semester. The progress made is assessed as S = Satisfactory or U = Unsatisfactory or I = Incomplete. In the case of U or I, the student's progress is reassessed at the end of the next semester.
- 4.4 The University policy for re-registering for the NUTR 480 applies in the case of U or I after two semesters.
- 4.5 Upon completion of the project a Research Report is written and submitted to be assessed by the Examining Committee composed of at least two faculty members of the College and its affiliated Institutions. One is the supervisor of the student and the second a faculty member selected by the supervisor. A complete Research Report must be submitted to both assessors at least one week prior to the student's oral presentation.
- 4.6 The Research Report is assessed separately and a consensus grade is submitted to the Course Leader based on the following:
- 50% on the experimental/theoretical performance in executing the research
  - 30% on the written presentation of the Research Report
  - 20% on the oral presentation (10-15 minutes with 5 min questions/answers)
- 4.7 The Course Leader is responsible for the arrangement for the oral presentations by the students in the week following the end of the final Exams of the semester.
- 4.8 Each student must present their research project to the faculty of the Department. The presentation is open to all students.
- 4.9 One week after the oral presentation, each student must submit three bound copies of the final Research Report, one to his/her supervisor, one to the second examiner and one to the Nutrition Programme Co-ordinator (after completion of any final corrections and improvements indicated). Submission of the final Research Report is required for the award of the degree.

- 4.10 The Course Leader may ask for a review of the final mark by the two Assessors if he/she feels that a student has been marked disproportionately with the rest. No marks will be submitted if a research project has not been presented orally or if the final copies of the Research Report have not been submitted.
- 4.11 The main criteria for the assessment of a Research Report are as follows:
- a. Quality of work
  - b. Completeness of work
  - c. Degree of student's understanding of the subject
  - d. The quality of text writing
  - e. The quality of the oral presentation

## **(ii) INSTRUCTIONS FOR THE WRITING OF A RESEARCH PROJECT**

A Research Report must be well presented, written in correct English, typed and printed on a high quality printer (i.e. a laser printer). For the purpose of consistency students must follow the following rules.

### **1. General.**

- 1.1 Every Research Report must be bound in the style of a book.
- 1.2 The following must be included in the front hard cover:
  - a. The name of the College and the programme name
  - b. The title of the research project
  - c. The name of the student
  - d. The date of completion
- 1.3 The same must be repeated on the first page.
- 1.4 Any acknowledgements could be included on the second page and they should not exceed half a page.
- 1.5 A summary of the research no more than a page long, is included on the third page under the title “ABSTRACT”.
- 1.6 The list of contents is included in the following pages under the title “CONTENTS”. The title of each Chapter and subsections (if there are any) with their corresponding page numbers as they appear in the report are listed under contents.
- 1.7 Use Roman numerals (i, ii, iii, iv, etc) for all pages up to and including “CONTENTS”. Use Arabic numbers (1, 2, 3 ) for the remaining pages.
- 1.8 The first Chapter should contain the introduction under the heading “INTRODUCTION” (page 1).
- 1.9 The remaining chapters follow with their appropriate headings until the last chapter which should contain the conclusions under the heading “CONCLUSIONS”.
- 1.10 The citations follow under the heading “REFERENCES” and are numbered from 1 to N and listed in the order they appear in the text. Every reference should be found at least once in the text of the report where they are presented by writing the number in square brackets, e.g. [1] or [1, 4, 8, 12-14 ]. In the list each reference must be complete e.g.

[1] Z. Szabo, J. Glaser, I. Grenthe. Kinetics of Ligand Exchange Reactions for Uranyl(2+) Fluoride Complexes in Aqueous Solution, Inorg. Chem. 1996, 35:2036 - 2044.

For more information for the format of writing references see:

<http://library.bcu.ac.uk/references.pdf>

- 1.11 In the case of Appendices, they follow right after the References list. Each Appendix should start on a new page. If there are several, each Appendix should be numbered using Roman numerals.

## 2. **Research Project Presentation**

- 2.1 The Research Report should be typed on white paper, size A4. The font used must be Times New Roman, size 12, and line spacing 2.0 (double spacing).
- 2.2 Figures and Tables can be included within the text at any place of the page but as close as possible to the section of the text where they are referred to for the first time. Figures and Tables must be numbered in sequence in each chapter. For example Figure. 2.1 is the first Figure of the second chapter whereas Figure 3.5 is the fifth Figure of the third chapter. Table 2.1 is the first Table of Chapter two etc.
- 2.3 If you need to refer to Figures or Tables in the text use the abbreviation Fig. X.X or Table X.X
- 2.4 Each Table should be numbered and contain a short title description of the contents of the Table at the top of the Table.
- 2.5 Each Figure should be numbered and contain a short title description of the contents of the Figure at the bottom of the Figure.
- 2.6 At the bottom of a Table, as well as after the short title of a Figure you may include any further explanations of symbols or other information that applies.

## 3. **Oral Presentation**

You will find very good instructions on how to make an effective presentation using Power Point in the following web address:

[http://www.slideshare.net/satyajeet\\_02/how-to-make-effective-presentation](http://www.slideshare.net/satyajeet_02/how-to-make-effective-presentation)