NUTRITIONAL SUPPLEMENTS AND SUPPLEMENTARY MEDICINE

COURSE OUTLINE

Responsible: Georgios Fragkiadakis

1. GENERAL			
SCHOOL	School of Health Sciences		
ACADEMIC UNIT	Department of Nutrition and Dietetics Sciences		
LEVEL OF STUDIES	Undergraduate		
COURSE CODE	0809.8.001.0	**SEMESTER**	Winter/Spring
COURSE TITLE	Nutritional Supplements and Supplementary Medicine		

INDEPENDENT TEACHING ACTIVITIES if credits are awarded for separate components of the course	**WEEKLY TEACHING HOURS**	**CREDITS**
	0	2
Total	**0**	**2**

COURSE TYPE general background, special background, specialised general knowledge, skills development	Special background
PREREQUISITE COURSES	None
LANGUAGE OF INSTRUCTION and EXAMINATIONS	English
OFFERED TO ERASMUS STUDENTS	Yes (in English) — Both Winter and Spring Semesters
COURSE WEBSITE (URL)	https://eclass.hmu.gr/courses/NDS164/

2. LEARNING OUTCOMES

Learning outcomes

Food supplements are defined as foods intended to supplement the normal diet, which are concentrated sources of nutrients or other substances with nutritional or physiological effects, individually or in combination, and which are marketed in dosage forms, i.e. presentation forms such as capsules, lozenges, tablets, pills and other similar forms as well as sachets of powder, ampoules of liquid product, dropper vials and other similar forms of liquids and powders intended to be taken in pre-measured small unit quantities. They are preparations that are taken orally (per os) mainly and more rarely intravenously and contain substances that are missing from the normal diet or are contained in it in quantities that are considered insufficient. The intake of food supplements by people of all ages has increased dramatically in recent decades on a global scale. In Greece, too, dietary supplements constitute a growing and "modern" industry with a large number of supporters. However, both the underlying factors that push for intake and the beliefs about supplements have not been adequately examined. After attending the course, the student will have acquired the skills to handle the following issues: 1) What is defined as a dietary supplement? 2) How safe can it be considered to take? 3) What is its quality? 4) How representative are the nutritional claims on each label? 5) Is there scientifically documented evidence for the benefits of these preparations?

General Competences

The course contributes to the development of skills such as:

Search, analysis and synthesis of data and information, using the necessary technologies

Independent work

Knowledge of basic market data and development economics.

Promotion of critical, creative and inductive thinking

3. SYLLABUS

Vitamin A supplements

Vitamin D supplements

Vitamin E supplements

Vitamin K supplements

Vitamin B1 supplements

Vitamin B2 supplements

Vitamin B3 supplements

Vitamin B6 supplements

Vitamin B12 supplements

Vitamin C supplements

Magnesium supplements

Iron, copper, zinc supplements

Amino acid, peptide and protein supplements

Ω-3 fatty acid supplements

4. TEACHING and LEARNING METHODS - EVALUATION

DELIVERY Face-to-face, Distance learning, etc.	Face to face, Distance learning, etc
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY Use of ICT in teaching, laboratory education, communication with students	Use of information technology in teaching and communication. Information via Web platform Use of ICT in Teaching, in education (e-class), communication with students Laboratory Training, in Communication via e-mail and e-class. with students
TEACHING METHODS The manner and methods of teaching are described in detail.	**Activity** / **Semester workload** ESSAYS / 12 **Course total** / **12**
STUDENT PERFORMANCE EVALUATION Description of the evaluation procedure	Formative or Summative exam, Multiple Choice Test, Short Questions (progress, 50%) with short answer questions, Essay Development Questions, answer and extended answer exercises Problem Solving, Written Assignment, Report / Report, Oral Examination, - Written or oral final exam (50%)

5. ATTACHED BIBLIOGRAPHY

Guide to Nutritional Supplements

Academic Press

Editor: B Caballero

Language: English

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eBook ISBN: 9780123756619

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