NUTRITION THROUGH THE LIFECYCLE I

COURSE OUTLINE

Responsible: Christoforos Papandreou

1. GENERAL			
SCHOOL	School of Health Sciences		
ACADEMIC UNIT	Department of Nutrition and Dietetics Sciences		
LEVEL OF STUDIES	Undergraduate		
COURSE CODE	0809.3.002.0	**SEMESTER**	1st
COURSE TITLE	Nutrition Through the Lifecycle I		

INDEPENDENT TEACHING ACTIVITIES if credits are awarded for separate components of the course	**WEEKLY TEACHING HOURS**	**CREDITS**
	0	4
Total	**0**	**4**

COURSE TYPE general background, special background, specialised general knowledge, skills development	Ειδίκευσης
PREREQUISITE COURSES	None
LANGUAGE OF INSTRUCTION and EXAMINATIONS	English
OFFERED TO ERASMUS STUDENTS	Yes (in English) — Winter Semester
COURSE WEBSITE (URL)	https://eclass.hmu.gr/courses/NDS149/

2. LEARNING OUTCOMES

Learning outcomes

The aim of this course is to provide students with an understanding of the fundamental principles of nutrition and the factors that determine the nutritional requirements of healthy individuals throughout the life cycle, from the preconception period through adolescence.

Upon successful completion of the course, students will be able to:

- **describe** the physiological and nutritional requirements from the preconception period through adolescence;
- **interpret** current evidence-based dietary recommendations for each stage of the life cycle;
- **identify** the major nutritional risks and the most common nutrition-related problems affecting women of reproductive age, pregnant and lactating women, infants, children, and adolescents;
- **assess** dietary intake and nutritional status of healthy individuals across these stages of the life cycle;
- **identify** nutrition-related problems using the systematic **Nutrition Care Process (NCP)**;
- **design** basic dietary interventions for women before conception, during pregnancy and lactation, as well as for infants, children, and adolescents;
- **analyse** and **evaluate** meal plans using food exchange systems and appropriate nutritional assessment tools;
- **critically appraise** the scientific literature and **apply** evidence-based nutrition recommendations in dietetic and clinical practice.

General Competences

Upon successful completion of the course, students will have developed the ability to:

- search for, analyse, and synthesise data and information using appropriate technologies;
- make informed decisions;
- work independently;
- collaborate effectively in teams;
- work in interdisciplinary environments;
- exercise critical thinking and self-reflection;
- demonstrate creative and inductive thinking;
- demonstrate social, professional, and ethical responsibility in nutritional assessment and the planning of dietary interventions.

3. SYLLABUS

Theoretical Component

- Fundamental principles of nutrition and the role of nutrition across the life course
- Nutrition before conception
- Nutrition during pregnancy
- Nutrition during lactation and breastfeeding
- Infant nutrition (growth monitoring and complementary feeding)
- Nutrition of preterm infants
- Nutrition of toddlers and preschool children
- Nutrition during childhood
- Nutrition during adolescence
- Special topics in nutrition (vegetarian diets)

Laboratory Component

Students receive practical training in nutritional assessment, identification of nutrition-related problems, and the design of basic dietary interventions for women before conception, pregnant and lactating women, infants, children, and adolescents, following the **Nutrition Care Process (NCP)** framework. They also develop practical skills in assessing dietary intake, analysing and evaluating meal plans using food exchange systems, and applying evidence-based dietary guidelines to nutrition and dietetic practice.

Αυτή η εκδοχή είναι κατάλληλη για **ECTS Course Catalogue** και χρησιμοποιεί τη διεθνώς αποδεκτή ορολογία:

- **before conception** αντί για *preconception* όταν αναφέρεται ως τίτλος ενότητας,
- **lactation and breastfeeding** (καλύπτει και τη φυσιολογία και την πρακτική του θηλασμού),
- **complementary feeding** αντί του κυριολεκτικού *weaning*, που είναι ο όρος που χρησιμοποιείται στις διεθνείς διατροφικές κατευθυντήριες οδηγίες (WHO, ESPGHAN),
- **Nutrition Care Process (NCP)**, που αποτελεί τη διεθνή επίσημη ορολογία.

4. TEACHING and LEARNING METHODS - EVALUATION

DELIVERY Face-to-face, Distance learning, etc.	Face-to-face

USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY Use of ICT in teaching, laboratory education, communication with students	
TEACHING METHODS The manner and methods of teaching are described in detail.	**Activity** | **Semester workload** **Course total** |
STUDENT PERFORMANCE EVALUATION Description of the evaluation procedure	

5. ATTACHED BIBLIOGRAPHY