

COURSE OUTLINE

GENERAL

SCHOOL	Physical Education, Sports Science and Dietetics		
DEPARTMENT	Physical Education and Sports Science		
STUDY LEVEL	Postgraduate Master Program		
COURSE CODE	M08	STUDY SEMESTER	2 nd
COURSE TITLE	Nutritional behaviour and education		
SELF CONTAINED TEACHING ACTIVITIES	TOTAL TEACHING HOURS	COURSE CREDITS	
Lectures	36	7	
COURSE TYPE	General background		
PREREQUISITE MODULES	None		
TEACHING AND EXAM LANGUAGE	English		
COURSE IS AVAILABLE TO ERASMUS STUDENTS	No		
COURSE WEB PAGE (URL)	https://eclass.uth.gr/courses/PE_P_202/		

LEARNING OUTCOMES

Learning Outcomes
<p>Through this course students are expected to:</p> <ul style="list-style-type: none"> • Understand the mechanisms underpinning human's eating behaviour and • Develop the appropriate skills on nutrition education targeting individuals or population groups of all age groups by delivering appropriately designed nutrition interventions. • Design nutrition education programs and nutrition interventions, based on behavioral models, tools and strategies that are appropriate for each age group. • Evaluate the effectiveness of these programs and nutrition interventions

General Competencies
<ul style="list-style-type: none"> • Search for, analysis and synthesis of data and information, using the necessary technology • Working Independently • Working in an international environment, • Working in an interdisciplinary environment • Respect for diversity and multiculturalism • Showing social, professional and ethical responsibility and sensitivity to gender issues • Promotion of free, creative and inductive thought

COURSE CONTENT

<p>Indicative topics to be covered:</p> <ul style="list-style-type: none"> • Determinants of food choice and of energy-balance related behaviours • Behavioral models used in interventions focusing on nutrition education and nutrition/health promotion • Factors influencing the effectiveness of nutrition education • The role of nutrition education in the prevention of obesity and obesity related diseases • Practical examples of behavioral interventions aiming to improve individual's or population groups' dietary behavior

TEACHING AND LEARNING METHODS - EVALUATION

TEACHING METHOD	In person	
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY	E-class	
TEACHING ORGANIZATION	Activity	Semester Workload
	Lectures	35
	Lectures/ <i>practice</i>	25
	<i>Projects</i>	45
	Personal Study	70
	Module Total	175
STUDENT ASSESSMENT	Essay (PowerPoint Presentation in the class) Final exam: Multiple Choice Test, True/false questions, Short Answer Questions	

READING LIST

<p>Recommended bibliography:</p> <ul style="list-style-type: none"> • Contento R. Isobel (2018) Nutrition Education. BROKEN HILL PUBLISHERS LTD • The Science of Nutrition, Janice Thompson, Melinda Manore, Linda Vaughan. 5th Edition. Pearson. • For Greek students: Διατροφική Αγωγή. Ιωάννης Μανιός. Ιατρικές Εκδόσεις Π.Χ. Πασχαλίδης. <p>Relevant scientific journals:</p> <ul style="list-style-type: none"> • International Journal of Behavioral Nutrition and Physical Activity • Health Education Journal • PLoS ONE
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