COURSE OUTLINE NUTRITION AND EXERCISE

1. GENERAL

SCHOOL	PHYSICAL EDUCATION, SPORT SCIENCES AND OCCUPATIONAL THERAPY				
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE				
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level				
COURSE CODE	C172 SEMESTER 7 th				
COURSE TITLE	NUTRITION AND EXERCISE				
TEACHING ACTIVITIES If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.		TEACHING HOURS PER WEEK	2	ECTS CREDITS	
			3		6
Please, add lines if necessary. Teaching methods and organization of					
the course are described in section 4.					
COURSE TYPE Background, General Knowledge, Scientific Area, Skill Development	BACKROUND/ GENERAL KNOWLEDGE				
PREREQUISITES:	NO				
TEACHING & EXAMINATION	GREEK				
LANGUAGE:	ENGLISH FOR ERAMUS STUDENTS				
COURSE OFFERED TO ERASMUS	YES				
STUDENTS:					
COURSE URL:					

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

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

- Understand the importance of nutrition in overall health.
- Be familiar with the categorization of foods.
- *Recognize the effects of nutrition on pathological conditions.*
- Understand the importance of exercise and physical activity for general health.
- Be aware of dietary patterns and their effects on exercise.
- Understand the effects of exercise and nutrition on human health and improving daily life.

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information,	Project design and management
ICT Use	Equity and Inclusion
Adaptation to new situations	Respect for the natural environment
Decision making	Sustainability
Autonomous work	Demonstration of social, professional and moral responsibility
Teamwork	and sensitivity to gender issues
Working in an international environment	Critical thinking
Working in an interdisciplinary environment	Promoting free, creative and inductive reasoning
Production of new research ideas	

- Search, analysis and synthesis of data and information, ICT Use
- Adaptation to new situations

- Decision making
- Working in an interdisciplinary environment
- Production of new research ideas
- Project design and management
- Equity and Inclusion
- Demonstration of social, professional and moral responsibility and sensitivity to gender issues
- Critical thinking
- Respect to the natural environment
- Promoting free, creative and inductive reasoning

3. COURSE CONTENT

- 1. Introduction to Nutrition
- 2. Carbohydrates- definition, categories, functions, metabolism
- 3. Fats- definition, categories, functions, metabolism
- 4. Proteins- definition, categories, functions, metabolism
- 5. Viatmins, Minerals, Trace elements- definition, categories, functions
- 6. Water, Body Composition
- 7. Introduction to exercise/ physical activity
- 8. Nutrition and Exercise/ Physical Activity in childhood and adolescence
- 9. Nutrition and Exercise/ Physical Activity in adulthood
- 10. Nutrition and Exercise/ Physical Activity in older age
- 11. Nutrition and Exercise/ Physical Activity in weight management, obesity, eating disorders, diabetes, cardiovascular diseases
- 12. Nutrition and Exercise/ Physical Activity in diabetes
- 13. Nutrition and Exercise/ Physical Activity in cardiovascular diseases

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD Face to face, Distance learning, etc.	Face to face		
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) Use of ICT in Teaching, in Laboratory Education, in Communication with students	 Use of ICT in Teaching, in Laboratory Education and in Communications with Students: Digital slides Videos MsTeams/ e-class, webmail 		
TEACHING ORGANIZATION	Activity	Workload/semester	
The ways and methods of teaching are described in detail. Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.	Lectures	39	
	Homework	58	
	Bibliographic research &	50	
	analysis		
	Exams	3	
	Total	150	
The supervised and unsupervised workload per activity is indicated here, so that total			

standards.	
STUDENT EVALUATION Description of the evaluation process Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others Please indicate all relevant information about the course assessment and how students are informed	Homework (compulsory) 30% Final written exams 70%

5. SUGGESTED BIBLIOGRAPHY

1. Γεροδήμος Β., Καρατράντου Κ. (2021) Άσκηση για την Υγεία, Εκδόσεις Κωνσταντάρας, ISBN: 9789606080517, ΑΘήνα

2. Faigenbaum A., Lloyd R., Oliver J. (2022) Βασικές Αρχές Προπόνησης Παιδιών κι Εφήβων, εκδόσεις Κωνσταντάρας, Αθήνα

3. Gibney M.J., Lanham-New S.A., Cassidy A., Vorster H.H. (2015) Εισαγωγή στη διατροφή του ανθρώπου (2^η έκδοση) ISBN: 9789605830274, Εκδόσεις Παρισιανού Α.Ε., ΑΘήνα.

4. McArdle W.D., Katch F.I., Katch V.L. (2008). Sports and Exercise Nutrition, 5th edition, ,

Philadelphia: Lipippincott Williams & Wilkin, Ιατρικές Εκδόσεις Βασιλειάδης

5. Rawson E.S., Branch J.D., Stephenson T.J. (2024) Williams' ΔΙΑΤΡΟΦΗ ΓΙΑ ΤΗΝ ΥΓΕΙΑ ΚΑΙ ΤΟΝ ΑΘΛΗΤΙΣΜΟ. Εκδόσεις Κωνσταντάρας, Αθήνα

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Laparidis Konstantinos
Contact details:	lapco@phyed.duth.gr
Supervisors:	yes
Evaluation methods:	Written middle exams (30%). Final written exams (70%)
Implementation Instructions:	The homework must be submitted via e-Class on the specified date.