

## COURSE LAYOUT

### 1. GENERAL

<b>SCHOOL</b>	School of Food and Nutritional Sciences		
<b>DEPARTMENT</b>	Department of Food Science & Human Nutrition		
<b>STUDY LEVEL</b>	Undergraduate		
<b>COURSE CODE</b>	291	<b>SEMESTER</b>	5th
<b>COURSE TITLE</b>	Nutritional counselling		
<b>INDEPENDENT TEACHING ACTIVITIES</b>		<b>WEEKLY TEACHING HOURS</b>	<b>ECTS</b>
Course: Theory (3 hours)		3	3
<b>COURSE TYPE</b> (Foundation course, General knowledge, Scientific area, Developing skills)	Foundation course		
<b>PREREQUISITES</b>	No		
<b>LANGUAGE</b>	Greek		
<b>IS THE COURSE OFFERED for ERASMUS STUDENTS?</b>	YES		
<b>COURSE WEB PAGE</b>			

### 2. LEARNING OUTCOMES

<b>Learning Outcomes</b>
<p><b>This is a basic introductory course in Nutritional counselling and dietary behavior change.</b></p> <ul style="list-style-type: none"> <li>• The course aims to enable comprehension of basic concepts of Nutritional Counselling, as well as acquisition of skills related to efficient communication of the dietician with the patient, patient mobilization, and design of counselling sessions for dietary behavior modification and health improvement.</li> </ul> <p><b>After completion of the course the student will:</b></p> <ul style="list-style-type: none"> <li>• Have skills of efficient communication.</li> <li>• Have knowledge of interview techniques and skills for efficient data collection from the patient.</li> <li>• Have skills for assessing changes made by the patients and for enhancing their compliance.</li> <li>• Be familiar with many case studies of patients from different age groups, with different individual characteristics and health related problems, as well as with problems that the student might face in every day practice related to difficulties in communication, low patient mobilization or low compliance to dietary behavior changes</li> </ul> <p><b>The knowledge and skills acquired by the student in this course could be useful in his/her future courses, like Clinical Nutrition and clinical placement.</b></p>
<b>General Competences</b>
Adapting new situations Decision making

Individual work Teamwork Multidisciplinary work Respect to diversity and multicultural differences Social, professional, and moral responsibility and sensitivity in sex issues Exercise criticism and self-criticism Promotion of creative and inductive thinking
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### 3. COURSE CONTENT

<p><b>THEORY</b></p> <ol style="list-style-type: none"> <li>1. Nutritional counselling and interview. Definitions and their role in dietary behavior changes.</li> <li>2. Cultural, religious, social, and other influences that determine dietary behavior.</li> <li>3. Interview techniques</li> <li>4. Existent theories for dietary behavior changes</li> <li>5. Stages of dietary behavior changes</li> <li>6. Communication skills of the dietician (written, oral, verbal, non-verbal) according to sex, age, and individual characteristics of the patient.</li> <li>7. Counselling skills of the dietician according to the individual characteristics of the patient.</li> <li>8. Design of counselling sessions for a single person.</li> <li>9. Program design with multiple counselling sessions for population groups (community).</li> <li>10. Assessment of compliance in dietary behavior changes</li> </ol>
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### 4. TEACHING and LEARNING METHODS - Evaluation

<b>TEACHING METHOD</b>	Face to face
<b>USE OF INFORMATICS and COMMUNICATION TECHNOLOGIES</b>	Power point presentations in lectures Use of <i>e-class</i> platform

<b>TEACHING ORGANISATION</b> (Lectures, individual or group assignments, field trips, individual study et.c.)	<i>Activities</i>	<i>Workload per semester</i>
		Lectures
	Individual assignment	25
	<b>Total contact hours and training</b>	<b>75</b>

<b>STUDENTS EVALUATION</b>	Written exams (90%) (including questions with multiple choice answers or questions with short answers) On site exercises (10%)
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## 5. LITERATURE

### **Books:**

Bauer K, Liou D. (2020) Nutrition Counseling and Education Skill Development. 4 th Edition. USA: Cengage.