COURSE OUTLINE

1. GENERAL

SCHOOL	**School of Food and Nutritional Sciences**		
ACADEMIC UNIT	**Department of Food Science & Human Nutrition**		
LEVEL OF STUDIES	Undergraduate		
COURSE CODE	**3450**	**SEMESTER**	7th
COURSE TITLE	Life Cycle Nutrition		
INDEPENDENT TEACHING ACTIVITIES *if credits are awarded for separate components of the course, e.g. lectures, laboratory exercises, etc. If the credits are awarded for the whole of the course, give the weekly teaching hours and the total credits*		**WEEKLY TEACHING HOURS**	**CREDITS**
Lectures and Practice Exercises		4	4
Add rows if necessary. The organisation of teaching and the teaching			
COURSE TYPE *general background, special background, specialised general knowledge, skills development*	Specialised Scientific area		
PREREQUISITE COURSES:	Introduction to Human Nutrition		
NGUAGE OF INSTRUCTION and EXAMINATIONS:	Greek (English if needed)		
S THE COURSE OFFERED TO ERASMUS STUDENTS	Yes		
COURSE WEBSITE (URL)			

2. LEARNING OUTCOMES

Learning outcomes

The course learning outcomes, specific knowledge, skills and competences of an appropriate level, which the students will acquire with the successful completion of the course are described.

Consult Appendix A

- *Description of the level of learning outcomes for each qualifications cycle, according to the Qualifications Framework of the European Higher Education Area*
- *Descriptors for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and Appendix B*
- *Guidelines for writing Learning Outcomes*

The course is the introductory class to Life stages nutrition.
The course material aims at introducing the students to the basic principles of the changes of the organic functions during pregnancy, lactation, childhood, teenage life, adult life and finally of the elderly.
Lastly, the goal of the course if the comprehension of the spherical knowledge regarding the nutrient needs and foods in every stage of life
Upon successful completion of the course the student will:

- Have gained knowledge and understanding of the basic issues but also of new developments regarding Life stages nutrition.
- Will be able to comprehend complex issues related to the factors that affect the nutrition choices depending on the age stage

General Competences

Taking into consideration the general competences that the degree-holder must acquire (as these appear in the Diploma Supplement and appear below), at which of the following does the course aim?

Search for, analysis and synthesis of data and information, with the use of the necessary technology	*Project planning and management Respect for difference and multiculturalism Respect for the natural environment Showing social, professional and ethical*
Adapting to new situations Decision-making	*responsibility and sensitivity to gender issues*
Working independently	*Criticism and self-criticism*
Teamwork	*Production of free, creative and inductive thinking*
Working in an international environment Working in an interdisciplinary environment	*Others…*
Production of new research ideas	*……*

- Acquisition, analysis and synthesis of data and information with the use of relevant technologies
- Knowledge flexibility and adaptation in new scientific environment
- Independent work
- Group work
- Work in interdisciplinary environment
- Development of new research ideas
- Respect of ecosystems
- Social and ethical responsibility and sensitivity on male/female issues
- Critical thinking
- Promotion of free, creative and analytical thinking

3. SYLLABUS

4. TEACHING and LEARNING METHODS - EVALUATION

DELIVERY *Face-to-face, Distance learning, etc.*	In class lectures using adequate technological means, distance learning if required; and specific exercises at the end of hands-on lectures.

<table>
<tr><td>USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY
Use of ICT in teaching, laboratory education, communication with students</td><td colspan="2">Use PowerPoint slides. Communication with students via e-mail. Learning process support through access to e-class, online databases, etc.</td></tr>
<tr><td>TEACHING METHODS
The manner and methods of teaching are described in detail.
Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, placements, clinical practice, art workshop, interactive teaching, educational visits, project, essay writing, artistic creativity, etc.
The student's study hours for each learning activity are given as well as the hours of non-directed study according to the principles of the ECTS</td><td>Activity</td><td>Semester workload</td></tr>
<tr><td></td><td>Lectures</td><td>35</td></tr>
<tr><td></td><td>Individual assignment (brief methodological study protocol)</td><td>20</td></tr>
<tr><td></td><td>Individual study</td><td>35</td></tr>
<tr><td></td><td>Course total</td><td>100</td></tr>
<tr><td>STUDENT PERFORMANCE EVALUATION
Description of the evaluation procedure

Language of evaluation, methods of evaluation, summative or conclusive, multiple-choice questionnaires, short- answer questions, open-ended questions, problem solving, written work, essay/report, oral examination, public presentation, laboratory work, clinical examination of patient, art interpretation, other
Specifically defined evaluation criteria are given, and if and where they are</td><td colspan="2">I. Written exam (60%) which includes:
- Multiple choice questions and critical evaluation of concepts

II. Presentation of Group Assignment (40%)</td></tr>
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5. ATTACHED BIBLIOGRAPHY