

COURSE OUTLINE NUTRITION AND PHYSICAL ACTIVITY

1. GENERAL

SCHOOL	SCIENCE OF PHYSICAL EDUCATION, SPORTS AND OCCUPATIONAL THERAPY		
DEPARTMENT/MSc	OCCUPATIONAL THERAPY		
LEVEL OF STUDY	MSc - LEVEL 6		
COURSE CODE		SEMESTER OF STUDIES	4th
COURSE TITLE	NUTRITION AND PHYSICAL ACTIVITY		
INDEPENDENT TEACHING ACTIVITIES <i>in case the credits are awarded to distinct parts of the course, e.g. Lectures, Laboratory Exercises, etc. If the credits are awarded uniformly for the entire course, indicate the weekly teaching hours and the total credits</i>	TEACHING WEEKS	CREDITS	
	3	6	
<i>Add rows if needed. The organization of teaching and the teaching methods used are described in detail in 4.</i>			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skills Development</i>	GENERAL KNOWLEDGE		
PREREQUISITE COURSES:	NO		
LANGUAGE OF INSTRUCTION AND EXAMINATIONS:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ONLINE COURSE PAGE (URL)			

2. LEARNING OUTCOMES

<p>Learning Outcomes</p> <p><i>The learning outcomes of the course are described, the specific knowledge, skills and abilities of an appropriate level that students will acquire after the successful completion of the course.</i></p> <p><i>Consult Appendix A</i></p> <ul style="list-style-type: none"> • <i>Description of the Level of Learning Outcomes for each cycle of study according to the European Higher Education Area Qualifications Framework</i> • <i>Descriptive Indicators of Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning</i> <p><i>and Annex B</i></p> <ul style="list-style-type: none"> • <i>Summary Guide to Writing Learning Outcomes</i>
<p>Upon successful completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> • <i>Understand the concept of nutrition and its benefits on the overall health of the individual.</i> • <i>Understand the concept of physical activity and be able to use its benefits to perform tasks in the daily lives of both healthy individuals and patients.</i> • <i>They better understand the benefits of biological adaptations, physical activity, and</i>

nutrition on healthy growth and daily activity.

General Competencies

Taking into account the general competencies that the graduate must have acquired (as listed in the Diploma Supplement and listed below), which / which of them is the course aimed at?.

Search, analyze and synthesize data and information, using the necessary technologies

Project planning and management

Respect for diversity and multiculturalism

Adapting to new situations

Respect for the natural environment

Decision-making

Demonstrate social, professional and ethical responsibility and gender sensitivity

Autonomous work

Criticism and self-criticism

Teamwork

Working in an international environment

Promoting free, creative and inductive thinking

Working in a multidisciplinary environment

Generating new research ideas

- *Search, analyze and synthesize data and information, using the necessary technologies*
- *Project planning and management*
- *Autonomous work*
- *Working in a multidisciplinary environment*
- *Respect for diversity and multiculturalism*
- *Respect for the natural environment*
- *Promoting free, creative and inductive thinking*

3. COURSE CONTENT

1. *Basic concepts of nutrition and health*
2. *Relationship between occupational therapy, nutrition and physical activity*
3. *Macronutrients and health benefits*
4. *Vitamins and health benefits*
5. *Minerals and health benefits*
6. *Trace elements and health benefits*
7. *Macronutrient metabolism*
8. *Basic Concepts of Physical Activity*
9. *Benefits of physical activity on health and chronic conditions*
10. *Physical Activity Assessment*
11. *Nutrition and physical activity in developmental age*
12. *Nutrition and physical activity in adulthood*
13. *Nutrition and physical activity in old age*

4. TEACHING AND LEARNING METHODS - EVALUATION

DELIVERY METHOD <i>Face-to-face, Distance learning, etc.</i>	The course includes lectures, laboratory exercises in person and through the eclass platform of the Democritus University of Thessaloniki
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of ICT in Teaching and Communication with Students <ul style="list-style-type: none"> • Digital slides

<p><i>Use of ICT in Teaching, Laboratory Training, Communication with Students</i></p>	<ul style="list-style-type: none"> • video • MsTeams/ e-class, webmail 																		
<p>TEACHING ORGANIZATION</p> <p><i>The way and methods of teaching are described in detail.</i></p> <p><i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Study & Analysis of Literature, Tutorial, Practice (Placement), Clinical Exercise, Art Workshop, Interactive Teaching, Educational Visits, Project Preparation, Writing a Paper / Paper, Artistic Creation, etc.</i></p> <p><i>The student's study hours for each learning activity as well as the hours of non-guided study are indicated so that the total workload at semester level corresponds to ECTS standards</i></p>	<table border="1"> <thead> <tr> <th>Activity</th> <th>Semester Workload</th> </tr> </thead> <tbody> <tr> <td>Lectures</td> <td>39</td> </tr> <tr> <td>Work</td> <td>60</td> </tr> <tr> <td>Literature study and analysis</td> <td>78</td> </tr> <tr> <td>Examination</td> <td>3</td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td>Total Course</td> <td>180</td> </tr> </tbody> </table>	Activity	Semester Workload	Lectures	39	Work	60	Literature study and analysis	78	Examination	3							Total Course	180
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<p>STUDENT EVALUATION</p> <p><i>Description of the evaluation process</i></p> <p><i>Assessment Language, Assessment Methods, Formative or Conclusive, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Paper, Report/Report, Oral Examination, Public Presentation, Laboratory Work, Clinical Examination of a Patient, Artistic Interpretation, Other/Other</i></p> <p><i>Explicitly defined evaluation criteria and whether and where they are accessible by students are mentioned.</i></p>	<p>Written work (30%)</p> <p>Interim progress (20%)</p> <p>Final exams (50%)</p>																		

5. RECOMMENDED BIBLIOGRAPHY

<ol style="list-style-type: none"> 1. Rawson E.S., Branch J.D., Stephenson J. (2024) <i>William's Nutrition for Health and Sports</i>, ISBN: 9789606081347, Konstantaras Publications, Athens 2. Gerodimos V., Karatrantou K. (2021) <i>Exercise for Health</i>, Konstantaras Publications, ISBN: 9789606080517, Athens 3. Faigenbaum A., Lloyd R., Oliver J. (2022) <i>Basic Principles of Training for Children and Adolescents</i>, Konstantaras Publications, Athens
