

<b>General Information</b>	Studies in <b>NUTRITION SCIENCE FOR HUMAN HEALTH</b>
Title of the subject	<b>Applied Dietary Technical Sciences</b>
Degree Course (class)	<b>Nutrition Science for Human Health</b>
ECTS credits	3
Compulsory attendance	No
Language	Italian

<b>Subject Teacher</b>		
Name and Surname	<b>Sebastio Perrini</b>	
email address	<a href="mailto:sebastio.perrini@uniba.it">sebastio.perrini@uniba.it</a>	
Place and time of reception	Policlinic Hospital - P.zza G. Cesare 11 - DETO Endocrinology div. Every day by appointment	
<b>ECTS credits details</b>	Discipline sector (SSD)	Area
	Endocrinology (MED/13)	Characterizing

<b>Study plan schedule</b>	Year of study plan	Semester
	second	first

<b>Time management</b>	Lessons	Laboratory	Exercises	Total
CFU	6			6
Total hours	48			48
In-class study hours				
Out-of-class study hours	102			102

<b>Syllabus</b>	
Prerequisites / Requirements	To follow the course and make profit of the proposed program, students should have a solid background of general and clinical biochemistry, physiology, and human nutrition. At least basic knowledge on general medicine and specialties such as endocrinology, gastroenterology, immunology and cardiovascular medicine is warmly recommended.

<b>Expected learning outcomes (according to Dublin descriptors)</b>	
<i>Knowledge and understanding</i>	<ul style="list-style-type: none"> <li>- Knowledge of the anatomical and physiological basis of the Endocrine system and its modifications across the lifespan</li> <li>- know the consequences of hormone excess or deficiency on psychological and physical well-being - know neuro-behavioural modifications induced by hormone deficiency or excess</li> </ul>
<i>Applying knowledge</i>	<ul style="list-style-type: none"> <li>- know advantages and risks of hormonal therapies</li> </ul>
<i>Making informed judgments and choices</i>	<ul style="list-style-type: none"> <li>- suspect the presence of the main endocrine-metabolic disorders</li> </ul>
<i>Communicating knowledge</i>	<ul style="list-style-type: none"> <li>- coaching people on how to implement a healthy diet and lifestyle related to endocrine dysfunction</li> </ul>
<i>Capacities to continue learning</i>	<ul style="list-style-type: none"> <li>- The activities described make it possible to acquire the knowledge and methodological tools necessary to be able to independently provide an adequate update in the future.</li> </ul>

<b>Study Program</b>	
Content	<ul style="list-style-type: none"> <li>- Basic principles of the endocrine system: anatomy and physiology: hormone synthesis and physiological function.</li> <li>- Hypothalamus-pituitary axes: anatomy and physiology. Basic principles of clinical presentation of pituitary hormone deficiency or excess.</li> <li>- Thyroid gland: anatomy and physiology. Basic principles of clinical presentation, diagnostic evaluation, and treatment of hypo- and hyper-thyroidism.</li> <li>- Adrenal glands: anatomy and physiology. Basic principles of clinical presentation, differential diagnosis and treatment of glucocorticoid excess and deficiency.</li> <li>- Gonads: anatomy and physiology. Basic principles of clinical presentation, differential diagnosis and treatment of male and female hypogonadism.</li> <li>- Circadian rhythm in endocrinology.</li> <li>- Principles of Andrology and psycho-sexology.</li> <li>- Obesity and metabolic diseases</li> </ul>
Bibliography and textbooks	<ul style="list-style-type: none"> <li>- Teachers' slides presented during lessons and available online on the teaching site during the course</li> <li>- Williams Textbook of Endocrinology - 12th Edition, S. Melmed, K.S. Polonsky, P. Reed Larsen, H.M. Kronenberg, Eds., Elsevier Saunders, Philadelphia; 2011.</li> </ul>
Notes to textbooks	
Teaching methods	- Lectures and practical exercises
Assessment methods	- Written test to assess the skills and knowledge gained
Evaluation criteria	<p>After attending the Endocrinology course students will be expected to:</p> <ul style="list-style-type: none"> <li>- know the anatomical and physiological basis of the Endocrine system and its modifications across the lifespan</li> <li>- suspect the presence of the main endocrine-metabolic disorders</li> <li>- know the consequences of hormone excess or deficiency on psychological and physical well-being - know neuro-behavioural modifications induced by hormone deficiency or excess</li> <li>- know advantages and risks of hormonal therapies</li> </ul>
Further information	