

<b>General Information</b>	Studies in <b>NUTRITION SCIENCE FOR HUMAN HEALTH</b>		
Title of the subject	<b>General hygiene</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>Maria Teresa Montagna</b>	
email address	<a href="mailto:mariateresa.montagna@uniba.it">mariateresa.montagna@uniba.it</a>	
Place and time of reception	Policlinic Hospital - P.zza G. Cesare 11 – Biological Inst. build. 3° floor From Monday to Thursday by appointment	
<b>ECTS credits details</b>	Discipline sector (SSD)	Area
	Applied Dietary Technical Sciences (MED/49)	Affine

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

<b>Time management</b>	Lessons	Laboratory	Exercises	Total
CFU	3			3
Total hours	24			24
In-class study hours				
Out-of-class study hours	51			51

<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 main nutritional needs.</li> <li>- Understanding the relationships between the humoral, sensory, cognitive, motivational, and psychic aspects capable of influencing eating behavior and therefore the state of health</li> </ul>
<i>Applying knowledge</i>	<ul style="list-style-type: none"> <li>- evaluation of food habits and the nutritional status of an individual.</li> </ul>
<i>Making informed judgments and choices</i>	<ul style="list-style-type: none"> <li>- to determine nutritional requirements and to run foods qualitative and quantitative analysis</li> </ul>
<i>Communicating knowledge</i>	<ul style="list-style-type: none"> <li>- coaching people on how to implement a healthy diet and lifestyle program</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</li> </ul>

	provide an adequate update in the future.
<b>Study Program</b>	
Content	<p>Frontal teaching</p> <ol style="list-style-type: none"> <li>1) Basics in dietetics and nutrition: terminology, main concepts and strategy</li> <li>2) Food patterns and dietary models: speculations and evidence based medicine</li> <li>3) Nutritional requirements in the different ages and physiological states: childhood and adolescence, pregnancy and menopause, breastfeeding, senescence, and sport.</li> <li>4) Recommendations and prescription of a diet (guidelines for individuals, specific populations/groups).</li> <li>5) Dietary patterns to implement a Healthy diet for healthy people (protection and primary prevention strategies based on the traditional Mediterranean diet and other models of health-promoting diets and life style patterns)</li> <li>6) Diet and sport.: integration programs and practical aspects (individual and population communication and implementation strategy)</li> <li>7) nutritional programs for the secondary prevention and “food therapy” of age- and food-related disease</li> </ol> <p>PRACTICAL LESSONS</p> <ul style="list-style-type: none"> <li>- dietary assessment in health and disease.</li> <li>- food selection, prescription/recommendations</li> </ul>
Bibliography and textbooks	<ul style="list-style-type: none"> <li>- “Manuale di nutrizione clinica e scienze dietetiche applicate” di Binetti - Marcelli – Baisi, 2010</li> <li>- “Nutrizione Umana” di Rivellese - Annuzzi - Capaldo - Vaccaro - Riccardi, 2017</li> <li>- “Alimentazione, nutrizione e salute” di Debellis – Poli et al. - 2019.</li> </ul>
Notes to textbooks	
Teaching methods	- Lectures and practical exercises
Assessment methods	- Written test to assess the skills and knowledge gained
Evaluation criteria	<ul style="list-style-type: none"> <li>- Knowledge and understanding</li> </ul> <p>At the end of the course, the student is able to determine nutritional requirements and to run foods qualitative and quantitative analysis demonstrating good skilling in:</p> <ol style="list-style-type: none"> <li>1) the evaluation of food habits and the nutritional status of an individual,</li> <li>2) the planning of dietary patterns based on specific nutritional recommendations and health-promoting aims, selecting food items and the optimal nutrient composition,</li> <li>3) coaching people on how to implement a healthy diet and lifestyle program</li> </ol>
Further information	