

<b>General information</b>	
Academic subject	<b>FUNDAMENTALS OF DIETETIC</b> (integrated exam of FUNDAMENTALS OF DIETETIC AND NUTRACEUTICALS)
Degree course	Foods of animal origin safety and health - (LM86)
Academic Year	2022/2023 – I year
European Credit Transfer and Accumulation System (ECTS)	5
Language	Italian
Academic calendar (starting and ending date)	II semester
Attendance	Recommended

<b>Professor/ Lecturer</b>	
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Virtual headquarters	Teams platform
Tutoring (time and day)	Tuesday and Thursday (10.00-11.00) upon booking by mail

<b>Syllabus</b>	
<b>Learning Objectives</b>	The course aims to deepen the knowledge of the fundamental of nutrition and dietetics, in physiological conditions and in diseases related to nutrition. Students will learn the main techniques of body composition assessment, basic knowledge about the nutritional needs of the population and those on different strategies in order to prepare a nutritional plan in healthy subjects.
<b>Course prerequisites</b>	The student must possess basic knowledge of Biology, Biochemistry and Human Physiology.
<b>Contents</b>	<p>Introduction to the course.</p> <ul style="list-style-type: none"> <li>Educational objectives of the course, impact on professionalism, teaching methodologies, and methods of verification of learning.</li> </ul> <p>Part 1</p> <ul style="list-style-type: none"> <li>Assessment of nutritional status: Eating habits. Assessment of body composition. Plyometric and anthropometric evaluation. Bioimpedance analysis. Basal metabolism. 2. Nutritional requirements: Energy demands and energy balance between introduction and energy expenditure. Energy requirements of the adult population. 3. Food groups and guidelines: general concepts and description of food groups; the scientific basis for estimating nutritional requirements and nutrient and energy reference values for the Italian population (LARN: Reference intake levels of energy and nutrients); Guidelines for the Italian population; Description of the criteria for the formulation of a nutritionally adequate diet; 4. Characteristics and nutritional contents of the different diets: Mediterranean Diet, LCD and VLCD Diet, Ketogenic Diet, Atkins Diet, Dissociated Diet, Vegetarian and Vegan Diet.</li> </ul> <p>Part 2.</p> <p>Nutrition and related pathologies: Adverse reactions to food (Food allergies. Food intolerances. Favism. Celiac disease.) Main features of gout, hyperlipidemia,</p>



	hypertension, and osteoporosis. Pathophysiology and complications of obesity and metabolic syndrome. Diabetes: Pathophysiology, classification and complications of diabetes. Gut microbiota (eubiosis, dysbiosis, probiotic supplementation)
<b>Books and bibliography</b>	Debellis, Poli - Alimentazione, nutrizione e salute – Edises
<b>Additional materials</b>	Lesson Notes and slides projected in class

Work schedule			
Total	Lectures	Hands on (Laboratory, working groups, seminars, field trips)	Out-of-class study hours/ Self-study hours
<b>Hours</b>			
<b>125</b>	<b>50</b>	<b>0</b>	<b>75</b>
<b>ECTS</b>			
<b>5</b>	<b>5</b>		
<b>Teaching strategy</b>	<p>Teaching will mainly consist of frontal lessons and active learning methods, such as problem-solving, case study, and role play, to integrate information and facilitate learning.</p> <p>The teaching process will be implemented through iconic communication models, verbal and graphic, using the resources and educational technologies available.</p> <p>Part of the course will be held in flip teaching mode that allows students to build their knowledge and test their skills at any time.</p>		
<b>Expected learning outcomes</b>			
<b>Knowledge and understanding on:</b>	<p>At the end of the course, the student will acquire knowledge and understanding skills regarding:</p> <ul style="list-style-type: none"> <li>the main notions of nutrition.</li> <li>methods of assessing dietary requirements, key eating habits and eating disorders.</li> <li>methods for the formulation of specific nutritional plans.</li> </ul>		
<b>Applying knowledge and understanding on:</b>	<p>At the end of the course, the student must be able to:</p> <ul style="list-style-type: none"> <li>Apply the knowledge acquired for the realization of a nutritional plan in healthy subjects or with pathologies.</li> <li>be able to discuss scientific, social, ethical, and psychological issues related to human nutrition.</li> </ul>		
<b>Soft skills</b>	<ul style="list-style-type: none"> <li><i>Making informed judgments and choices</i> <ul style="list-style-type: none"> <li>Be able to critically review and evaluate literature (DOC 1.8).</li> <li>Ability in the logical approach to scientific reasoning and managing complex technical-professional activities assuming the responsibility for decisions in unpredictable work contexts (DOC 2.1)</li> </ul> </li> <li><i>Communicating knowledge and understanding</i> <ul style="list-style-type: none"> <li>Ability to work in a team environment and develop appropriate communication and interaction strategies. (DOC 1.6.)</li> <li>Communicate effectively with the technical staff of companies, the public, professional colleagues and competent authorities, using appropriate language for the interested public and in full respect of confidentiality and privacy (DOC 1.4)</li> </ul> </li> <li><i>Capacities to continue learning</i> <ul style="list-style-type: none"> <li>Demonstrate recognition of personal and professional limitations in order to develop competences beyond the teaching given as a motivating factor for success in the profession (DOC 1.12)</li> </ul> </li> </ul>		

	<ul style="list-style-type: none"> <li>○ ability to independently learn and deepen topics of professional interest (DOC 1.13)</li> </ul>
<b>Assessment and feedback</b>	
Methods of assessment	The examination of the integrated course of fundamental of dietetics allows the acquisition of 5 of the ETCS provided by the study plan. The exam includes an oral final test. The ETCS is considered acquired only after passing the final test and subsequent recording on the ESSE3 portal.
Evaluation criteria	<ul style="list-style-type: none"> <li>• <i>Knowledge and understanding</i> The achieved results verification achieved will be conducted: <ul style="list-style-type: none"> <li>○ during the course: through Problem-Based Learning Flipped Classroom sessions. In which the ability to develop strategic solutions by the student will be evaluated;</li> <li>○ The oral final exam will verify the acquisition of the knowledge provided as detailed in the "objectives of the course".</li> </ul> </li> <li>• <i>Applying knowledge and understanding</i> <ul style="list-style-type: none"> <li>○ Ability to establish linkages between different modules and disciplines and provide relevant examples.</li> <li>○ skills necessary to assess the adequacy of a diet according to the guidelines</li> <li>○ ability to identify energy needs in healthy individuals</li> <li>○ ability to determine body composition</li> <li>○ Critical assessment of diet usage and efficacy.</li> </ul> </li> <li>• <i>Autonomy of judgment</i> <ul style="list-style-type: none"> <li>○ ability to analysed and criticize the subjects studied.</li> </ul> </li> <li>• <i>Communication skills</i> <ul style="list-style-type: none"> <li>○ ability and clarity of the speech</li> <li>○ ability to use an appropriate terminology</li> </ul> </li> <li>• <i>Capacities to continue learning</i> <ul style="list-style-type: none"> <li>○ Ability to re-process knowledge and transfer it to new and differentiated situations</li> <li>○ Ability to deepen topics not specifically included in the teaching programme</li> </ul> </li> </ul>
Criteria for assessment and attribution of the final mark	<p>The final assessment will be based on:</p> <p>The objective evaluation is based on the verification of the objectives achieved to develop a score that is not dependent on the subjectivity of the teacher. Objectivity consists in the possibility of predetermining the accuracy of the answers.</p> <p>Non-objective evaluation provide stimuli and responses of an open type and allow the evaluation of complex mental processes, such as the ability to communicate one's thought, the ability to build a logical discourse and to grasp the essential elements of a topic, the critical sense and the ability to find original solutions.</p> <p>The final assessment, expressed in the thirtieth, will be considered passed with a mark equal to or greater than 18 and will take into account not only the accuracy of the response but also the communication ability, the clarity of the exposition, the disciplinary competence and the level of depth.</p>
<b>Additional information</b>	

