

ACADEMIC YEAR 2023/2024

General information	
Academic subject	FUNDAMENTALS OF DIETETIC (Integrated exam of FUNDAMENTALS OF DIETETIC AND NUTRACEUTICALS)
Degree course	Foods of animal origin safety and health - (LM86)
Academic Year	2023/2024 – I year
European Credit Transfer and Accumulation System (ECTS)	5
Language	Italian
Academic calendar (starting and ending date)	II semester
Attendance	No

Professor/ Lecturer	
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Telephone	
Department and address	Campus of Veterinary Medicine, S.P. 62 to Casamassima km 3, 70010 Valenzano (Ba)
Virtual headquarters	Teams' platform (n2bddnl)
Tutoring (time and day)	Monday 8:30 - 10:30 (reservation by mail)

Syllabus	
Learning Objectives	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 different strategies in order to prepare a nutritional plan for healthy subjects.
Course prerequisites	Bases of biochemistry and biology
Contents	HUMAN NUTRITION: principles of central nervous system physiology, gastrointestinal physiology, liver and pancreas BODY COMPOSITION: description of body compartments and measuring techniques; measurement of fat and lean mass. ENERGY NEEDS: energy requirements and energy balance, "Total Energy Expenditure" (TEE), Energy needs of the adult population FOOD GROUPS AND GUIDELINES: general concepts and description of food groups; the scientific basis for the estimation of nutritional requirements and nutrient and energy reference values for the Italian population (LARN: reference energy and nutrient intakes); Guidelines for the Italian population; Description of criteria for the formulation of a nutritionally adequate diet; The Food Pyramids; the Mediterranean Diet NUTRITION AND DISEASE: Obesity, Diabetes and Metabolic Syndrome, eating disorders and cancer
Books and bibliography	Alimentazione, nutrizione e salute – Edises;
Additional materials	Papers and reviews. Slide projected in class

Work schedule	

Total	Lectures	Hands on (Laboratory, working groups, seminars, field trips)	Out-of-class study hours/ Self-study hours
Hours			
125	40	0	85
ECTS			
5	5		
Teaching strategy			
During the lessons will be provided bibliographic sources (articles and reviews).			
Expected learning outcomes			
Knowledge and understanding on:	<ul style="list-style-type: none"> ○ Energy needs ○ Body composition 		
Applying knowledge and understanding on:	<ul style="list-style-type: none"> ○ skills needed to assess the suitability of a diet according to the guidelines 		
Soft skills	<ul style="list-style-type: none"> ○ Critical assessment and efficacy of a diet 		
Assessment and feedback			
Methods of assessment	<ul style="list-style-type: none"> • Test in progress: test to evaluate the student learning during frontal lessons • Self-assessment tests: yes • Final profit exam: oral exam 		
Evaluation criteria	<ul style="list-style-type: none"> • <i>knowledge and comprehension skills:</i> <ul style="list-style-type: none"> ○ Define energy needs. ○ describe the body compartments. • <i>Applying knowledge and understanding</i> <ul style="list-style-type: none"> ○ Know the scientific basis for estimating nutritional requirements. • <i>Judgment autonomy</i> <ul style="list-style-type: none"> ○ Assess the suitability of a diet. • <i>Communicating knowledge and understanding</i> <ul style="list-style-type: none"> ○ Clear exposition • <i>Communication skills</i> <ul style="list-style-type: none"> ○ lexical competence • <i>Ability to learn.</i> <ul style="list-style-type: none"> ○ Critical evaluation of the use and effectiveness of a diet 		
Criteria for assessment and attribution of the final mark	<p>The written self-assessment test consists of a quiz test lasting 1 hour. The written test is passed if the exact answers exceed 60%.</p> <p>The oral exam consists of an interview with the candidate concerning the topics covered during the frontal lessons. The final grade is awarded in thirtieths. The exam is considered passed when the vote is greater than or equal to 18.</p>		
Additional information			