

COURSE OUTLINE

(1) GENERAL

SCHOOL	of HEALTH and CARE SCIENCES		
ACADEMIC UNIT	BIOMEDICAL SCIENCES		
DIVISION	AESTHETICS AND COSMETIC SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	4011	SEMESTER	4
COURSE TITLE	Nutrition and Skin		
INDEPENDENT TEACHING ACTIVITIES <i>if credits are awarded for separate components of the course, e.g. lectures, laboratory exercises, etc. If the credits are awarded for the whole of the course, give the weekly teaching hours and the total credits</i>	WEEKLY TEACHING HOURS	CREDITS	
Lectures	3	4	
<i>Add rows if necessary. The organisation of teaching and the teaching methods used are described in detail at (d).</i>			
COURSE TYPE <i>general background, special background, specialised general knowledge, skills development</i>	SBC		
PREREQUISITE COURSES:	..		
LANGUAGE OF INSTRUCTION and EXAMINATIONS:	GREEK		
IS THE COURSE OFFERED TO ERASMUS STUDENTS	...		
COURSE WEBSITE (URL)	https://eclass.uniwa.gr/courses/BISC218/		

(2) LEARNING OUTCOMES

<p>Learning outcomes</p> <p><i>The course learning outcomes, specific knowledge, skills and competences of an appropriate level, which the students will acquire with the successful completion of the course are described.</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 qualifications cycle, according to the Qualifications Framework of the European Higher Education Area</i> • <i>Descriptors for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and Appendix B</i> • <i>Guidelines for writing Learning Outcomes</i>
<p>The aim of the course is to study the valid nutritional knowledge and the application of modern dietary methods for the healthy aesthetic improvement of face and body. The objective of the course is to acquire the basic principles of nutrition and the special knowledge of Aesthetic Dietetics.</p> <p>After the end of the course students will be able to:</p> <ul style="list-style-type: none"> • To assess the eating habits of the person concerned. • To advise on necessary nutritional interventions, based on the aesthetic problem and the general health condition of the person concerned. • Calculate the ideal weight, daily energy needs, as well as nutrient needs • Evaluate and improve an individual's eating habits and develop a healthy diet. • Know the eating habits that can help treat obesity and cellulite • Know the dietary supplements recommended for the treatment of obesity and cellulite

General Competences

Taking into consideration the general competences that the degree-holder must acquire (as these appear in the Diploma Supplement and appear below), at which of the following does the course aim?

Search for, analysis and synthesis of data and information, with the use of the necessary technology
Adapting to new situations
Decision-making
Working independently
Team work
Working in an international environment
Working in an interdisciplinary environment
Production of new research ideas

Project planning and management
Respect for difference and multiculturalism
Respect for the natural environment
Showing social, professional and ethical responsibility and sensitivity to gender issues
Criticism and self-criticism
Production of free, creative and inductive thinking
.....
Others...
.....

- *Autonomous work,*
- *Teamwork,*
- *Work in an interdisciplinary environment,*
- *Work in an international environment*

(3) SYLLABUS

1. Antioxidant and anti-aging properties and sources of vitamins, with emphasis on vitamins A, C, D and E.
2. Minerals and trace elements critical for healthy skin.
3. The protective action of biophenols (polyphenols) and other phytochemical components (flavonoids, chlorophyll) of food.
4. Carbohydrates - cellulose, proteins - collagen, amino acids - melatonin, fats (omega-3, omega-6, omega-9), stanols - sterols and their importance for the health of the human body.
5. Probiotics and prebiotics.
6. Important foods for enriching the diet with bioactive ingredients (oats, olive oil, soy, honey, seafood, fruits and vegetables)
7. Aromatic and medicinal plants - herbs, food pesticides - food cosmetics
8. Sweeteners and preparations for the control of obesity.
9. Principles and rules of healthy eating habits.
10. Nutritional standards and rules - Food pyramid
11. Energy needs of the human body - energy balance.
12. Chemical diets, acidic and alkaline foods.
13. Nutrition of athletes for a shapely and strong body.
14. Food and water as components of a healthy lifestyle in relation to dietary habits, heredity, lifestyle, stress, sleep and physical activity.
15. Nutritional supplements with aesthetic applications.
16. Nutrition / health claims and labels of food supplements.

(4) TEACHING and LEARNING METHODS - EVALUATION

DELIVERY <i>Face-to-face, Distance learning, etc.</i>	Face to face in the classroom	
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY <i>Use of ICT in teaching, laboratory education, communication with students</i>	<ul style="list-style-type: none"> • Use of ICT in teaching • Use of the e-mail and the website (eclass) for communication with the students 	
TEACHING METHODS <i>The manner and methods of teaching are described in detail.</i> <i>Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, placements, clinical practice, art workshop, interactive teaching, educational visits, project, essay writing, artistic creativity, etc.</i> <i>The student's study hours for each learning activity are given as well as the hours of non-directed study according to the principles of the ECTS</i>	Activity	Semester workload
	Lectures	50
	Study-Essay writing	40
	Course total	90
STUDENT PERFORMANCE EVALUATION <i>Description of the evaluation procedure</i> <i>Language of evaluation, methods of evaluation, summative or conclusive, multiple choice questionnaires, short-answer questions, open-ended questions, problem solving, written work, essay/report, oral examination, public presentation, laboratory work, clinical examination of patient, art interpretation, other</i> <i>Specifically-defined evaluation criteria are given, and if and where they are accessible to students.</i>	<p>LANGUAGE: GREEK</p> <p>EVALUATION METHODS</p> <p>70% Written Assessment (Multiple Choice Test, Short Answer Questions)</p> <p>30% Essay</p>	

(5) ATTACHED BIBLIOGRAPHY

<p>GREEK</p> <ol style="list-style-type: none"> 1. Σφλώμος Κ., Βιολειτουργικά Τρόφιμα, Πρόσθετα και Συμπληρώματα Διατροφής, Εκδόσεις ΝΟΤΑ-Κ.Αλεξίου, Αθήνα 2018, ISBN 978-618-83264-6-0 2. Πλέσσας Σ. - Κίντζιου Ε., Παχυσαρκία και Κυτταρίτιδα, Εκδόσεις Φάρμακον-τύπος, Αθήνα 2007, ISBN 978-960-89845-0-9 3. Διαιτητική του Ανθρώπου, Σταύρος Τ. Πλέσσας, ΕΛΕΝΗ ΠΛΕΣΣΑ, 2010 4. Διατροφή και Υγεία, Χανιώτης Δημήτριος, Κ. & Ν. ΛΙΤΣΑΣ Ο.Ε., 2014 5. Σφλώμος Κ., Διατροφή του Ανθρώπου, Εκδόσεις ΝΟΤΑ-Κ.Αλεξίου, Αθήνα 2017, ISBN 978-618-83264-2-2. 6. Εγχειρίδιο διατροφής, Biesalski Hans - Konrad, Grimm Peter, BROKEN HILL PUBLISHERS LTD, 2008 7. Μόρτογλου Τ. - Μόρτογλου Κ., Διατροφή από το σήμερα στο Αύριο, Εκδόσεις Γιαλλελής, Αθήνα 2002, τόμος Ι, ΙΙ. 8. Ζαμπέλας Α., Διατροφή στα στάδια της ζωής, Εκδόσεις Πασχαλίδης, Αθήνα 2002, Διατροφή από το σήμερα στο Αύριο 9. Τριχοπούλου Α., Ελληνικοί πίνακες συνθέσεως τροφίμων, Εκδόσεις Παρισιάνος. 10. Χουρδάκης Μ., Κούβελας Δ., Αρχές Κλινικής Διατροφής και διατροφικής θεραπευτικής, Εκδόσεις Ροτόντα, Θεσσαλονίκη 2007, ISBN 978-960-98037-1-7. <p>FOREIGN</p>

1. *Nutrition and Skin*, editor Pappas A. - Springer Nature, N.Y 2011, ISBN 978-1-4419-7967-4
2. *Nutrition for healthy skin*, editors Krutmann, J., Humbert P., 2010, ISBN 978-3-642-12264-4
3. *Human Nutrition and Dietetics*, J.S. Garrow, WPT James, Churchill Livingstone
4. L.K Mahan, S Escott' Stamp, *Krause's Food Nutrition and Diet Therapy*, 10th edition 2000 (ή την πιο πρόσφατη έκδοση)
5. Elmadfa I, Leitzmann C, *Ernaehrung des Menschen*, UTB, Ulmer (Eugen) Verlag, 1999
6. *Life Span Nutrition conception through life*, Sharon Rady Rolfes, Linda Kelly DeBruyne, Eleanor Noss Whitney
7. *Recommended Dietary Allowances*, 10th Edition, National Academy Press, Washington D.C.
8. *Nutrition concepts and controversies*, Frances Sizer, Eleanor Whitney, Internatio