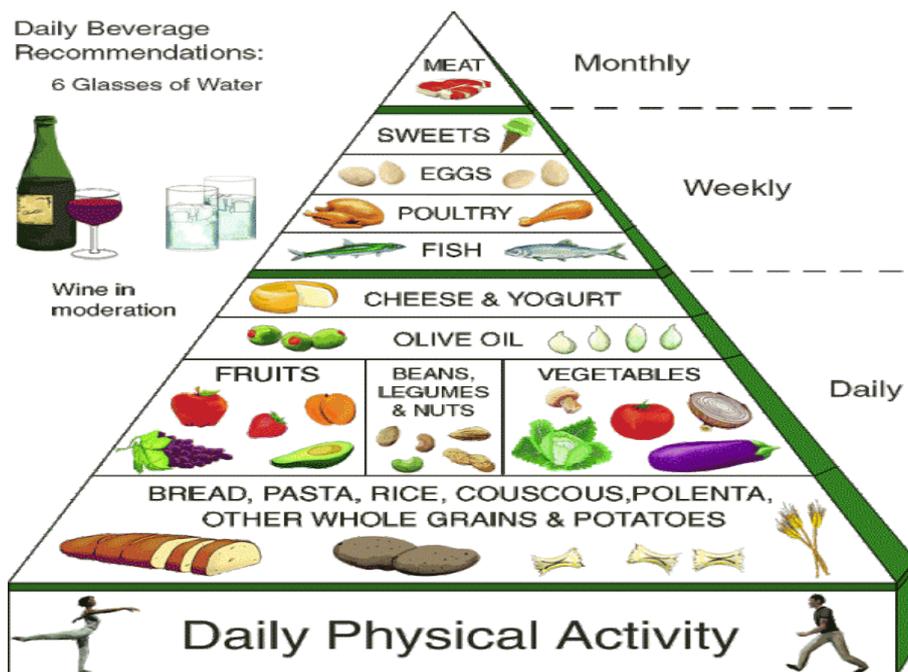




## Nutrition and Dietetics Department



## **A brief presentation of the Institute**

The department of Nutrition and Dietetics began its operation in the academic year 2009-2010 (GG 44A/12-03-2009). There are three more departments of the Technological Educational Institute of Thessaly operating in Karditsa (Department of Food Technology, Department of Wood and Furniture Design and Department of Forestry and Natural Environment Management).

The Karditsa branch of the Technological Educational Institute of Thessaly features modern facilities, a library, event auditoriums, student residences, a restaurant and a canteen.

The Institute is situated at a location adjacent to sports facilities and at a 2km distance from the city centre with easy access to and from it.

## **The City of Karditsa**

Karditsa is situated at the heart of mainland Greece with easy road and railway access to the rest of Greece and at a close distance from other cities in Thessaly. The city of Karditsa is a modern city with a population of 45.000 and a rich cultural life. It has a good street plan and residential development, bicycle lanes and is considered one of the cities with the lowest cost of living in Greece.

The prefecture of Karditsa is characterized by the contrast between the wild beauty of the Agrafa mountain range and the tranquility of the great Thessaly plains. The region boasts many stunning areas such as Plastiras Lake that attracts thousands of visitors every year, the new reservoir of Smokovo, the mountainous region of Argithea, the fir tree forests, the routes along the river Pineios and the traditional villages of the flatland, the tours at the monasteries and churches, and the city of Karditsa itself. Finally, there are a lot of alternative tourism and sports activities available in the prefecture of Karditsa.



## **Subject of Studies of the Nutrition and Dietetics Department**

The content of studies of the department covers the subject of the Discipline of Human Nutrition and Dietetics with an emphasis on application.

This discipline focuses on: 1. Satisfaction of human nutritional needs in all stages of life (infancy, childhood, puberty, young, middle, third age) and of special nutritional needs (pregnancy, breastfeeding, exercise, etc.). 2. Protection of human health from the diseases of wear and tear. 3. Recovery of human health through dietary support and treatment of patients.

## **Mission of the Nutrition and Dietetics Department**

The Department's mission is the development and transmission of the appropriate knowledge in the field of science and technology during the training of students in order to render them capable of utilizing and promoting modern methods in the human Nutrition and Dietetics sector. Within this framework the Department:

1. Develops the appropriate theoretical background of studies.
2. Develops laboratory practice and practical placement, and uses modern technologies during training.
3. Cultivates capabilities and skills that will make students competitive in the national and international environment.
4. Conducts research in collaboration with other institutes of higher education.
5. Collaborates with bodies relevant to its subject of studies (Hospitals, Dieticians' associations, etc.)

## **Structure of studies**

The allocation of modules is divided into 8 semesters. During the first 7 semesters studies include theoretical teaching, practical exercises, laboratory exercises, seminars and educational visits to places where the subject of human Nutrition and Dietetics is applied. After the eighth semester the dissertation is conducted and during the eighth semester the practical placement is carried out.

## **PROGRAM OF STUDIES**

*C: Compulsory Course, C/E: Compulsory Elective Course*

<b>1st Semester</b>			Lecture Hours	Work-shops	Lab Hours	Total Hours	Credits
101	Mathematics	C	2	2		4	4
102	General Chemistry	C	3		2	4	6
103	Physics	C	2			2	4
104	Biology	C	2		2	4	6
105	Introduction to the Science of Nutrition	C	3			3	6
106	Foreign Language (English)	C	2		2	4	4
<b>Total</b>			<b>14</b>	<b>2</b>	<b>6</b>	<b>21</b>	<b>30.0</b>

<b>2nd Semester</b>			Lecture Hours	Work-shops	Lab Hours	Total Hours	Credits
201	Organic Chemistry	C	3		2	5	5
202	Human Anatomy	C	2		1	3	5.5
203	Human Physiology	C	2		1	3	5.5
204	Biochemistry	C	3		2	5	8
205	History and Geography of Nutrition	C	2			2	3
206	Psychology and Psychopathology of Nutrition	C	2			2	3
<b>Total</b>			<b>14</b>		<b>6</b>	<b>20</b>	<b>30.0</b>

<b>3rd Semester</b>			Lecture Hours	Work-shops	Lab Hours	Total Hours	Credits
301	Food Analysis I	C	2		2	4	7
302	Food Microbiology	C	2		2	4	5
303	Pathological Physiology	C	2		2	4	5
304	Chemistry and Food Technology	C	2		2	4	5
305	Biostatistics	C	2		2	4	4
306	Health Economics	C	2		2	4	4
<b>Total</b>			<b>12</b>	<b>0</b>	<b>12</b>	<b>24</b>	<b>30.0</b>

<b>4th Semester</b>			Lecture Hours	Work-shops	Lab Hours	Total Hours	Credits
401	Nutrition and Metabolism I (Macro-ingredients)	C	2		2	4	8
402	Ergometry	C	2		2	4	5
403	Nutritional Habits and Nutritional Education	C	2			2	5
404	Nutritional Assessment	C	3			3	6
405	Nutrition in Stages of Life I	C	2		2	4	6
<b>Total</b>			<b>11</b>	<b>0</b>	<b>6</b>	<b>17</b>	<b>30.0</b>

<b>5th Semester</b>			Lecture Hours	Work-shops	Lab Hours	Total Hours	Credits
501	Nutrition and Metabolism II (Micro-ingredients)	C	2		2	2	8
502	Food Safety and Quality Assurance	C	2		2	4	5
503	Physical exercise and Health	C	2		2	4	5
504	Diet Design and Physiological Conditions		2		2	4	5
851	Ergophysiology	C/E	2			2	3.5
852	Bioinformatics	C/E	2			2	3.5
853	Pharmacology	C/E	2			2	3.5
855	Nutrition counselling	C/E	2			2	3.5
<b>Total</b>			<b>16</b>	<b>0</b>	<b>8</b>	<b>22</b>	<b>37</b>

<b>6th Semester</b>			Lecture Hours	Work-shops	Lab Hours	Total Hours	Credits
601	Nutrition at Life Stages II	C	3		2	5	8
602	Clinical Nutrition I	C	2		2	4	7
603	Nutritional Epidemiology	C	2		2	4	6.5
604	Food Legislation and Professional Ethics	C	2			2	5
854	Nutritional Consumer Products	C/E	2			2	3.5
856	Human Resources Management and Interpersonal Relationships	C/E	2			2	3.5
<b>Total</b>			<b>13</b>	<b>0</b>	<b>6</b>	<b>19</b>	<b>33.5</b>

<b>7th Semester</b>			Lecture Hours	Workshops	Lab Hours	Total Hours	Credits
701	Clinical Nutrition II	C	2		2	4	7
702	Diet Design for Pathological Conditions	C	2		2	4	6
703	Nutritional Food Assessment	C	2		2	4	6
704	Sports and Nutrition	C	2		2	4	5
705	Nutrition and Public Health	C	2		2	4	6
<b>Total</b>			<b>10</b>	<b>0</b>	<b>10</b>	<b>20</b>	<b>30</b>

<b>8th Semester</b>			Lecture Hours	Workshops	Lab Hours	Total Hours	Credits
	Degree dissertation	C					20.0
	Practical Training (24 week duration - 6 months)	C					10.0
<b>Total</b>							<b>30.0</b>

## Professional rights of Nutritionists-Dieticians

Graduates of the Nutrition and Dietetics Department, on the basis of their specialised scientific and technical knowledge, are either self-employed or collaborate with other scientists, in the private or public sector. They can also be self-employed in the study, research and application of modern technology in modern and specialized sectors of nutrition and dietetics with established professional rights (GG 36/7-2-1989, Issue A).

Graduates can be employed in the following fields:

- ✓ **Examination** of the nutritional value of food.
- ✓ **Preparation of food labels** containing information about the contents, nutritional ingredients and how those cover the daily nutritional needs.
- ✓ Participation in **determining specifications** of production of novel products.
- ✓ Planning general and customized **diets** and supervising their implementation.
- ✓ Assuming responsibility and supervision of **mass production meals**.

In bodies like:

- ✓ Hospitals, private clinics (preparing diet plans and supervising production of meals for patients according to their needs of treatment as determined by their doctor).
- ✓ Quality control and food control laboratories (examination of their nutritional value based on the analytical data provided by the designated scientists).
- ✓ Slimming parlours (planning diets and supervising their implementation)
- ✓ Special foods production companies (Special food design, children's food, food for diabetics, etc.)
- ✓ Hotels-Cruise ships-Restaurant chains (Supplies manager and responsible for daily/weekly diet planning)
- ✓ Old people's homes (Diet planning)
- ✓ Children's camps and old people's camps (supplies schedule planning, dieting schedule planning, supervision of implementation and assessment of results).
- ✓ Children's homes (supplies schedule and diet planning).
- ✓ Student canteens and student residences (supplies schedule and diet planning).
- ✓ Childcare centres and nurseries (supplies schedule and diet planning).
- ✓ Sports clubs and sports centres.
- ✓ Boarding schools
- ✓ Armed forces and security forces units and services (supplies schedule and diet planning).

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