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| **Course**  | **Basis of Diet Theraphy**  |
| **Llojj**  | **Semestri**  | **ECTS**  | **Kodi**  |
| MANDATORY (M)  | 6  | **5**  | **130BDT360**  |
| **Course lecturer**  | **Prof. Asst. Dr.Eglantina Kraja Bardhi**, **Prof. Asst. Dr. Laura Binxhija Qeska** |
| **Course Assistant**  |   |
| **Subject Tutor**  |   |
| **Course description -** Goals and Objectives  | Food affects emotions, body size, performance of physical activities, health maintenance, and other areas of life. The personal and professional application of nutritional practices will be clarified through nutritional analysis of evidence-based diet, discussions and projects related to disease processes. Therefore, this course aims to introduce the general nutritional concepts in health and disease and includes the practical applications of this knowledge. Special emphasis is placed on nutrients and nutritional processes including: functions, food sources, digestion, absorption and metabolism, food safety, availability and information on food and nutrition.  |
| **Expected results**  | After successful completion of the course, the student will be able to: * Apply knowledge by planning nutritious meals, using locally set criteria to meet recommended goals, and assess food labels and the validity of nutritional claims.
* Trace the pathways and processes that take place in the body to process nutrients through the consumption, digestion, absorption, transport, metabolism, storage and secretion of waste.
* To implement the concept of energy balance and its effects on the physical level, emotional, social and cellular to assess the advantages and disadvantages of various methods used to correct energy imbalances.
* Utilize the concepts of aerobic and anaerobic energy systems, and knowledge about macronutrients, vitamins, minerals, ergogenics and supplements and relate them to physical activity and health.
* Describe health-related food and disease issues throughout the life cycle, including food safety, dietary corrective modifications, and the impact of disease-specific nutrients.
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| **Content**  | **Weekly plan**  | **Week**  |
| * Diet therapy - Planning a health diet
 | 1  |
| * Nutrition, infections and immunity
 | 2  |
| * Organ disorders and proposed foods
 | 3  |
| * Allergies - Food intolerance
 | 4  |
| * Enteral and Parenteral Nutrition
 | 5  |
| * Obesity, Overweight, Underweight, and Diabetes
 | 6  |
| 1st Colloquium  | 7  |
| * Moderate mineral and fat content in coronary heart disease
 | 8  |
| * Nutrition management in liver disease
 | 9  |
| * Nutrition management in kidney disorders
 | 10  |
| * Life cycle nutrition: Infancy, childhood & adolescence: Childhood obesity and early development of chronic diseases
 | 11  |
| * Life cycle nutrition: Adulthood and later years
 | 12  |
| * Modified intake of energy consumption in the diet for patients with acute stress
 | 13  |
| 2nd Colloquium  | 14  |
| Final exam  | 15  |
| **Teaching / learning methods**  | **Learning activity**  | **Weight (%)**  |
| Lectures  | 50%  |
| Exercises in the laboratory, and / or in relevant institutions  | 20%  |
| Individual / team work  | 20%  |
| Individual / group presentations  | 10%  |
| **Total:**  | **100%**  |
| **Evaluation methods**  | **Assessment activity**  | **Number**  | **Week Number**  | **Weight (%)**  |
| Evaluation of the attendance in lectures, exercises and other activities (with a focus on active involvement and participation);   | 15   | 1-15   | 10   |
| Assessment of communication skills through individual or group presentations, such as seminars;   | 1   | 7   | 15   |
| Assessment through assignments and projects;   | 1   | 14   | 15   |
| Short assessments, at least two during the year, are conducted at the end of a lesson for immediate understanding on different topics. These assessments can also be administered online through the use of digital platforms;   | 2   | 4 & 9   | 10   |
| Assessment of practical skills is carried out through practical demonstrations or laboratory work, which includes the assessment of behavior, attitudes, and group cooperation skills- with checklist;   | 1   | 1-12   | 20   |
| Assessment with quizzes and regular tests (Final exam);   | 1   | 15   | 30   |
| Total:  | 100 %  |
| **Literature/References**  | * Antia F. P. 2009. Clinical Dietetics and Nutrition. Oxford University Press, 0195664159
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* [Carroll Lutz, Karen Przytulski](https://www.abebooks.com/servlet/SearchResults?an=lutz%20carroll%20przytulski%20karen&cm_sp=det-_-bdp-_-author). 2017. Nutrition and Diet Therapy Evidence-Based Applications. Ogden, UT, U.S.A.
* [Corinne BalogCataldo, Linda Kelly DeBruyne, Eleanor Noss Whitney](https://www.abebooks.com/servlet/SearchResults?an=cataldo%20corinne%20balog%20debruyne%20linda&cm_sp=det-_-bdp-_-author). 2017. Nutrition and Diet Therapy. Toledo, OH, U.S.A.
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* [Nancy J. Peckenpaugh, Nancy J. Peckenpaugh, Charlotte M. Poleman](https://www.abebooks.com/servlet/SearchResults?an=peckenpaugh%20msed%20cdn%20cde%20nancy&cm_sp=det-_-bdp-_-author). 2017. Nutrition Essentials and Diet Therapy. Ogden, UT, U.S.A.
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* Sue Rodwell Williams. 2017. Nutrition and Diet Therapy. Toledo, OH, U.S.A.
* American Diabetic Association, [www.diabetes.org](http://www.diabetes.org/)
* American Dietetic Association, [www.eatright.org](http://www.eatright.org/)
* British Nutrition Foundation, [www.nutrition.org.uk](http://www.nutrition.org.uk/)
* Hrvatskodijabetickodrushtvo, [www.diabetes.hr](http://www.diabetes.hr/)
* Odluka o standarduprehrane u bolnicama: <http://hidra.srce.hr/arhiva/263/26986/www.nn.hr/clanci/sluzbeno/2007/3528.htm>

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