

Subject	Nutrition and Diet in Health and Wellbeing			
Type	Type	Semester	ECTS	
	MANDATORY (M)	3	4	
Lecturer	Dr. Fitim Alidema			
Aims and Objectives	This program aims to enhance knowledge of nutrition's role in health, explore its link to disease prevention, and develop skills in assessing dietary needs for physical activity. It also focuses on designing personalized nutrition plans, analyzing diet impacts on performance, and understanding its role in health management and rehabilitation.			
	Students will learn to evaluate food's impact on wellbeing, apply nutrition principles for disease prevention, assess dietary needs in physical activity, and analyze diet-related physiological effects. They will also gain skills in creating nutrition plans, using evidence-based dietary recommendations, and assessing diet's influence on mental and physical health.			
Learning Outcomes	Learning Outcomes:			
	<ul style="list-style-type: none"> • Students will be able to critically evaluate the role of nutrition in maintaining health and preventing chronic diseases. • Students will be able to design and implement personalized nutrition plans tailored to the needs of individuals involved in physical activity. • Students will demonstrate an understanding of the physiological effects of various diets on the human body and its systems. • Students will be able to assess and interpret the nutritional needs of individuals with specific health conditions or requirements. • Students will develop the skills to apply evidence-based nutrition guidelines in practical settings to improve health and wellbeing. 			
Content	Week	Topics		
	Syllabus presentation			
	1	Introduction to Nutrition and Health		
	2	Macronutrients: Carbohydrates, Proteins, and Fats		
	3	Micronutrients: Vitamins and Minerals		
	4	The Role of Water and Hydration in Health		
	5	Nutrition and Physical Activity		
	6	Dietary Guidelines and Public Health Recommendations		
	Mid-term exam – 1			
	7	Nutrition in Disease Prevention and Management		
	8	The Gut Microbiome and Nutrition		
	9	Nutritional Strategies for Weight Management		
	10	Nutrition and Mental Health		
	11	Cultural and Socioeconomic Factors in Nutrition		
12	Sustainable Nutrition and Diets			
Mid-term exam – 2				
Teaching/Learning Methods	Activity		Weight (%)	
	Lectures		40%	
	Lab		40%	
	Research		10%	
	Independent learning		10%	
Assessment Methods	Methods of assessment:		%	
	Participation		10%	
	a) Mid-term exam -1		20%	
	b) Mid-term exam - 2		20%	
	Lab		50%	
ECTS Workload	Activity	Weekly hours	Workload	
	Lectures	2	24	
	Lab	n/a	12	

	Independent learning	n/a	44
	Examination preparation	n/a	20
Literature	<ol style="list-style-type: none"> 1. Bhattacharya, A., & Saha, S. (2022). <i>Nutrition and diet in health and disease</i>. Springer Nature. 2. Dewitt, S., & Webber, K. (2020). <i>Nutrition and physical activity: Diet for health and wellbeing</i>. Wiley-Blackwell. 3. Garrow, J. S., & James, W. P. T. (2019). <i>Human nutrition and dietetics</i> (11th ed.). Elsevier. 4. Mahan, L. K., & Escott-Stump, S. (2020). <i>Krause's food & the nutrition care process</i> (15th ed.). Elsevier. 5. Stanner, S. A., & Herring, L. (2018). <i>The role of diet in health promotion and disease prevention</i>. Cambridge University Press. 		
Ethical standards	<p>This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.</p>		
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