<table>
<tr><td>Subject</td><td colspan="3">Nutrition Science, Substance Exposure and Environmental Challenges</td></tr>
<tr><td rowspan="2">Type</td><td>Type</td><td>Semester</td><td>ECTS</td></tr>
<tr><td>MANDATORY (M)</td><td>1</td><td>5</td></tr>
<tr><td>Lecturer</td><td colspan="3">Dr. Sami Makolli
Dr. Flutura C. Ajazi</td></tr>
<tr><td>Aims and Objectives</td><td colspan="3">The purpose of the course is to enable students to understand the basics of nutritional science, including the importance of proper nutrition and its relationship to overall health. Moreover, during the course, students will gain knowledge about exposure to unhealthy substances such as: the use of tobacco, alcohol, drugs, etc. as well as environmental challenges such as: air and water pollution, toxic and hazardous waste, high levels of radiation, etc., and the impact of these risks on individual and public health.</td></tr>
<tr><td>Learning Outcomes</td><td colspan="3">Upon completion of this module, students shall be able to:
Have general knowledge of nutrition science.
To understand the importance of healthy nutrition and the relationship between nutrition and health.
Be aware of exposure to unhealthy substances and its effect on overall health.
Gain information and understand the impact of environmental challenges such as air and water pollution, toxic and hazardous waste and high levels of radiation on public health.
Be able to apply the knowledge gained about the science of nutrition in different contexts related to health and well-being.
Be able to respond through interventions and initiatives against exposure to unhealthy substances and environmental challenges in order to improve public health.</td></tr>
<tr><td>Content</td><td colspan="3"><table>
<tr><td>Week</td><td>Topics</td></tr>
<tr><td colspan="2">Syllabus presentation</td></tr>
<tr><td>1</td><td>Introduction</td></tr>
<tr><td>2</td><td>Basal metabolism and daily energy needs</td></tr>
<tr><td>3</td><td>Food groups: Macronutrients</td></tr>
<tr><td>4</td><td>Micronutrients - vitamins and minerals</td></tr>
<tr><td>5</td><td>Daily requirements for water and its importance for health</td></tr>
<tr><td>6</td><td>Food Production and Food Safety</td></tr>
<tr><td colspan="2">Mid-term exam – 1</td></tr>
<tr><td>7</td><td>Exposure to unhealthy substances</td></tr>
<tr><td>8</td><td>Use of Tobacco, Drugs and Alcohol</td></tr>
<tr><td>9</td><td>Air and atmosphere pollution</td></tr>
<tr><td>10</td><td>Water and land pollution</td></tr>
<tr><td>11</td><td>Risk from toxic waste</td></tr>
<tr><td>12</td><td>Pollution from Radiation</td></tr>
<tr><td colspan="2">Mid-term exam – 2</td></tr>
</table></td></tr>
<tr><td>Teaching/Learning Methods</td><td colspan="3"><table>
<tr><td>Activity</td><td>Weight (%)</td></tr>
<tr><td>Lectures</td><td>50%</td></tr>
<tr><td>Lab</td><td>20%</td></tr>
<tr><td>Research</td><td>20%</td></tr>
<tr><td>Independent learning</td><td>10%</td></tr>
</table></td></tr>
</table>

Assessment Methods	**Methods of assessment:**		%
	Participation		10%
	Project presantation		20%
	Lab		10%
	Final exam		60%
ECTS Workload	**Activity**	**Weekly hours**	**Workload**
	Lectures	2	24
	Lab	n/a	12
	Independent learning	n/a	59
	Examination preparation	n/a	30
Literature	1. Janice L. Thompson, Melinda M. Manore & Linda A. Vaughan. Second edition (2011). *The Science of Nutrition*. 2. Marriott, B. P., Birt, D. F., Stallings, V. A., & Yates, A. A. (Eds.). (2020). *Present Knowledge in Nutrition: Clinical and Applied Topics in Nutrition*. Academic Press. 3. Sullivan, J. B., & Krieger, G. R. (Eds.). (2001). *Clinical environmental health and toxic exposures*. Lippincott Williams & Wilkins.		
Ethical standards	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.		
Contact	flutura.ajazi@ubt-uni.net, sami.makolli@ubt-uni.net		