Sveučilište u Rijeci • University of Rijeka



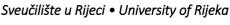
Trg braće Mažuranića 10 • 51 000 Rijeka • Croatia T: +385 (0)51 406 500 • F: +385 (0)51 406 588 W: www.uniri.hr E: ured@uniri.hr

Table 2

Course description

COURSE DESCRIPTION												
Course instructor	Greta Krešić, Ph	Greta Krešić, PhD., Full Professor										
Name of the course	j	Nutrition and H	Nutrition and Health									
Study programme	Sustainable Tourism Development											
Status of the course	9	compulsory	compulsory									
Year of study		1	1									
ECTS credits and manr							3					
instruction		Number of clas	Number of class hours (L+E+S) 30 (15+0+15)									
1. Course objectives	S											
Make students competent to recognize relationship between nutrition and health within the concept of sustainability. Understand the characteristics of diet-related chronic non-communicable diseases. Implement knowledge in a designing special dietary regimes suitable for health- conscious guests.												
2. Course enrolment requirements												
UnderstandApply the cAnalyse nut	s exam racterisd the ro oncept tritive		hronic ement ition	non-commu of health	nicable (disease						
4. Course content												
Food components and its influence on health. Food which is dangerous for health. Sustainable nutrition. The role of food in prevention of diseases. Food allergies and intolerances. Nutrition and heart diseases. Nutrition and diabetes. Nutrition and weight management. Development and implementation of food offer for health- conscious guests.												
fieldwork other 6. Comments												
7. Student responsi	ihilities											
Regular attendance of lectures, project and final exam.												
8. Monitoring of student work ¹												
		Class participation			Seminar paper		Experimental					

¹ IMPORTANT: Enter the appropriate proportion of ECTS credits for each activity so that the total number of credits equals the ECTS value of the course. Use empty fields for additional activities.





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					work	
Written exam	0,5	Oral exam		Essay	Research	
Project	0,2	Continuous assessment	0,9	Report	Practical work	
Portfolio						

Assessment of learning outcomes in class and at the final exam (procedure and examples)

Assessment and evaluation of students in classes and at the final exam is conducted under the Rulebook on evaluation of students at the Faculty of tourism and hospitality management.

For each course it is made a detailed course syllabus which coordinates activities, student load, learning outcomes and evaluation methods.

10. Mandatory literature (at the time of submission of study programme proposal)

Lelas, V. Procesi pripreme hrane, Golden marketing-Tehnička knjiga, Zagreb, 2008.

Mandić, M. Znanost o prehrani, Sveučilište J.J. Strossmayer Osijek, 2003.

Živković, R. Dijetetika, Medicinska naklada, Zagreb, 2002.

11. Optional/additional literature (at the time of submission of the study programme proposal)

De Bruyne, L.K., Whitney, E.N., Whitney, E. Nutrition and diet therapy, Cengage Leraning, 2008. Insel, P., McMahon, K., Bernstein, M. Nutrition, Jones & Bartlett Publishers, 2011.

12. Quality monitoring methods that ensure the acquisition of exit knowledge, skills and competences

The quality of the programme, teaching process, teaching skills and level of acquired course matter will be evaluated in writing, by means of extensive questionnaires and by employing other methods that are in accordance with the accepted standards and with the Book of regulations on the quality of the University of Rijeka, as well as the Book of regulations on the quality of the Faculty of tourism and hospitality management.