



Table 2

Course description

COURSE DESCRIPTION							
Course instructor	Greta Krešić, PhD., Full Professor						
Name of the course	Nutrition and Health						
Study programme	Sustainable Tourism Development						
Status of the course	compulsory						
Year of study	1						
ECTS credits and manner of instruction	ECTS credits	3					
	Number of class hours (L+E+S)	30 (15+0+15)					
1. Course objectives							
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							
3. Expected learning outcomes							
When students pass exam on course: <i>Nutrition and health</i> they will be able to:							
<ul style="list-style-type: none"> • Define characteristics of diet related chronic non-communicable diseases. • Understand the role of food in improvement of health • Apply the concept of sustainable nutrition • Analyse nutritive value of food offer • Make a modification of food offer to be suitable for health-conscious guests 							
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.							
5. Manner of instruction	<input checked="" type="checkbox"/> lectures	<input checked="" type="checkbox"/> individual assignments					
	<input type="checkbox"/> seminars and workshops	<input type="checkbox"/> multimedia and network					
	<input type="checkbox"/> exercises	<input type="checkbox"/> laboratories					
	<input type="checkbox"/> distance learning	<input type="checkbox"/> mentorship					
	<input type="checkbox"/> fieldwork	<input type="checkbox"/> other					
6. Comments							
7. Student responsibilities							
Regular attendance of lectures, project and final exam.							
8. Monitoring of student work¹							
Class attendance	1,2	Class participation		Seminar paper	0,2	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.



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

9. 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 Learning, 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.