

Syllabus

Course description

Course title	HUMAN NUTRITION
Course code	44714
Scientific sector	BIO/09
Degree	Food Sciences for Innovation and Authenticity
Semester	1 st
Year	II
Academic year	2021/22
Credits	6
Modular	No

Total lecturing hours	60
Total exercise hours	
Attendance	In presence
Prerequisites	none
Course page	

Specific educational objectives	<p>The course will provide a general overview of scientific contents of the area of Human Physiology and Nutrition as well as a guide for acquiring professional skills and knowledge related to the use of such skills in the food industry's research and development activity.</p> <p>In particular, at the end of the training activity, the student will acquire knowledge and skills related to the effect of nutrients/food/diets on human metabolism in the various physiological states.</p> <p>The course is part of the Human Nutrition Curriculum, taught at the University of Parma</p>
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Lecturer	Furio Brighenti
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Learning outcomes	<p>As a result of the activity, and as earning outcomes, the student will be able to:</p> <p>About knowledge and understanding skills, 1) Understanding the processes of digestion and absorption of nutrients and other food components; 2) Understanding how the human organism regulates the utilization of nutrients and energy substrates in the metabolic phases and how foods and nutrients affect the human organism; 3) understanding the metabolic bases of diet-related diseases.</p> <p>About applying knowledge, the student will be able to predict how changes in food composition, formulation or</p>
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	<p>processing may affect the nutrition quality of human diets.</p> <p>About communication skills, the student will be able to present scientific issues in support or against a nutritional case study.</p> <p>About learning skills, the student will be able to research, describe and summarize case studies through activities carried out in autonomy and/or in small groups.</p>
Assessment	Written and project work: written exam with review questions and written project report done singularly or in groups
Assessment language	English
Evaluation criteria and criteria for awarding marks	<p>Final examination will be carried out through an oral interview, which may include the critical discussion of projects carried out by the student during the semester. If it is impossible to take the exam face-to-face due to rules imposed by the University, the exam will be carried out remotely through an interview through the Teams portal.</p> <p>The final evaluation, in 30/30 score points, will depend on the assessment of the level of knowledge of the contents discussed during the course, of the ability to use sources of scientific information and on the following aspects:</p> <ul style="list-style-type: none"> - 25% Knowledge application; - 25% Ability to analyze complex dataset and cases and draw conclusions; - 25% Communication skills; - 25% Ability to gain knowledge. The praise is assigned in the case of reaching the maximum score on each item to which is added the mastery of the disciplinary lexicon
Required readings	Slides and reading material discussed during classes provided through the ELLY portal of the University of Parma
Supplementary readings	<p>1) Keith Frayn & Rhys Evans. Human Metabolism: A Regulatory Perspective. 4th Ed. Wiley Blackwell 2019, Oxford (UK).</p> <p>2) David A. Bender Introduction to Nutrition and Metabolism. 5th Ed. CRC Press, 2014, Boca Raton, FL (USA)</p> <p>3) Selected scientific papers.</p>