



Cursusomvang (nominale waarden; effectieve waarden kunnen verschillen per opleiding)

Studiepunten 5.0      Studietijd 135 u      Contacturen 60.0 u

Aanbodssessies en werkvormen in academiejaar 2018-2019

A (semester 1)	Engels	hoorcollege	32.5 u
		groepswork	10.0 u
		hoorcollege: plenaire oefeningen	10.0 u
		zelfstandig werk	7.5 u

Lesgevers in academiejaar 2018-2019

Kolsteren, Patrick	LA23	Verantwoordelijk lesgever
Lapauw, Bruno	GE35	Medelesgever

Aangeboden in onderstaande opleidingen in 2018-2019

	stptn	aanbodssessie
<a href="#">Master of Science in Nutrition and Rural Development (afstudeerrichting Human Nutrition)</a>	5	A
<a href="#">Master of Science in de bio-ingenieurswetenschappen: levensmiddelenwetenschappen en voeding</a>	5	A
<a href="#">Master of Science in Nutrition and Rural Development</a>	5	A
<a href="#">Uitwisselingsprogramma bio-ingenieurswetenschappen: Food Science and Nutrition (niveau master-na-bachelor)</a>	5	A

Onderwijstalen

Engels

Trefwoorden

Undernutrition, micro-nutrient deficiencies, macro-nutrient deficiencies, diet related chronic diseases- population/individual level

Situering

This course provides information on the major nutrient deficiencies and their clinical appearance. The course offers a public health perspective of nutrition disorders to demonstrate to the participants the public health importance of the thought diseases. Different control strategies are discussed so that participants can select appropriate action in function of the dynamics of the deficiencies. Multidisciplinary approaches are favoured where applicable. Central to the decision-making process is the evidence-based information.

Inhoud

1. Introduction
2. How to perform a nutritional assessment
3. Anthropometry
4. Trends in nutrition problems

*Part Undernutrition*

1. For the major nutritional deficiencies: malnutrition, vitamin A and D deficiency, and mineral deficiencies the participants should know the signs and symptoms, how to assess, how to treat, how to alleviate and how to estimate the public health burden
2. How to address deficiencies in a rural health system respecting the district health provision

3. Osteoporosis

4. Nutrition and HIV

*Part Overnutrition*

1. Diet related chronic diseases such as hyperlipidemia, adult type diabetes,

- overweight: their importance, causality and strategies to alleviate
2. Metabolic disorders
  3. Clinical nutrition: specific diets for medical conditions

#### Begincompetenties

Capacity to work in groups and basic knowledge in chemistry, biology, mathematics and human nutrition.

#### Eindcompetenties

- 1 The participants can describe the clinical picture of the major nutrient disorders.
- 2 Evaluate the importance of nutrient disorders in a specific context and select an appropriate action for control of micronutrient disorders.
- 3 Present, discuss and evaluate results of clinical trials.
- 4 Set up and evaluating a nutrition rehabilitation program.
- 5 Describe the determinants of overweight and diabetes and explain their mechanisms.
- 6 Define tools to measure nutritional status.
- 7 Evaluate interventions that promote nutrition in children and propose appropriate actions where necessary.

#### Creditcontractvoorwaarde

Toelating tot dit opleidingsonderdeel via creditcontract is mogelijk mits gunstige beoordeling van de competenties

#### Examencontractvoorwaarde

Dit opleidingsonderdeel kan niet via examencontract gevolgd worden

#### Didactische werkvormen

Groepswerk, hoorcollege, zelfstandig werk, hoorcollege: plenaire oefeningen

#### Toelichtingen bij de didactische werkvormen

The classes are a combination of ex cathedra courses, individual assignments where a scientific paper on a relevant topic is presented, practical exercises on anthropometry and small group works on defining specific interventions to alleviate malnutrition within the context of health care delivery

#### Leermateriaal

Cost: 20.0 EUR  
Syllabus, slides, overheads, weighing and measuring instruments.

#### Referenties

See reference list in course notes, which are updated regularly.

#### Vakinhoudelijke studiebegeleiding

Regular follow-up by the professors and their staff through organised 'question hours'.  
Use of the electronic learning environment of Minerva.

#### Evaluatiemomenten

periodegebonden evaluatie

#### Evaluatievormen bij periodegebonden evaluatie in de eerste examenperiode

Schriftelijk examen met open vragen, schriftelijk examen met meerkeuzevragen

#### Evaluatievormen bij periodegebonden evaluatie in de tweede examenperiode

Schriftelijk examen met open vragen, schriftelijk examen met meerkeuzevragen

#### Evaluatievormen bij niet-periodegebonden evaluatie

#### Tweede examenkans in geval van niet-periodegebonden evaluatie

Niet van toepassing

#### Toelichtingen bij de evaluatievormen

The exam is a written exam with open and multiple choice questions.

#### Eindscoreberekening

The marks for the course are entirely based on the final exam score.  
Students who eschew periodic evaluations for this course unit may be failed by the examiner.