

Course Title	Lifestyle and Nutrition
Term	Term 3 & 4;
Inholland Faculty	Faculty of Health, Sports & Social Work;
Course code	n.a.
Inholland location	Haarlem;
Cycle	first cycle
Number of ECTS	30
Language of instruction	English
Course content	During this semester various aspects of nutrition and/or health will be taught. For instance basic nutrition, nutrition across lifespan, nutrition and chronic diseases, nutrition policy, physical activity and obesity. The student will practice with advising and consulting an individual lifestyle, with a main focus on nutrition. Furthermore, the student will develop a group intervention to promote healthy food and lifestyle
Lecturer(s)	Kris Zwemmer - kristiaan.zwemmer@inholland.nl
Learning outcomes	<p><b>Nutrition 1:</b></p> <p><b>Basic Nutrition and Nutrition across lifespan – 5EC</b></p> <p>During this course students will learn about nutrition and biochemistry. We will discuss nutrients, nutrition and health, nutrition and obesity, energy demand and requirements, digestion, physiology, healthy nutrition, nutrition and physical activity. We also pay attention to subjects that are relevant to specific age groups; nutrition across lifespan with regards to, children, adolescents, employees, elderly, pregnant woman et cetera. Specific nutritional themes for these groups will be discussed in relation to healthy nutrition.</p> <p><b>Individual consultation – 9EC</b></p> <p>During this course students will learn how to coach an individual client on nutrition, physical activity and healthy lifestyle in general. Skills like performing an intake, testing and counseling will be practiced in a practical and theoretical way. Students will be offered basic knowledge of concepts related to sports and nutrition, diets and nutritional assessment, evidence based practice.</p> <p><b>Nutrition 2:</b></p> <p><b>Nutrition policy and Nutrition and chronic diseases – 5EC</b></p> <p>During this course students will learn about the different policy strategies in Europe in relation to nutrition and healthy lifestyle. In small groups students will find out how governments try to cope with the problem of overweight and</p>

	<p>obesity. Students also learn about nutrition and chronic diseases e.g. obesity, diabetes, cancer, et cetera.</p> <p><b>Nutrition intervention plan – 9EC</b></p> <p>During this course students will learn how to develop, execute and evaluate a nutrition intervention plan for a specific target group. Skills with regard to physical activity, nutrition and assessment, personal coaching, health counseling, motivational interviewing, and research will be offered in a practical and theoretical way.</p> <p><b>Electives – 2EC</b></p> <p>Electives will contribute to the development of competences that are useful for completing the programme, for example cultural and language competences.</p>
<p>Mode of delivery, planned activities and teaching methods</p>	<p>Several teaching methods such as project, theoretical and practical lessons will be offered.. There will be;</p> <ul style="list-style-type: none"> <li>• Lectures</li> <li>• Seminars</li> <li>• Practical workshops</li> <li>• Independent study</li> <li>• Skill training</li> <li>• Presentations</li> <li>• Project hours</li> <li>• Etcetera</li> </ul>
<p>Prerequisites and co-requisites (if applicable)</p>	<p>The course will be available in second semester from February 2021 till July 2021.</p> <p>Target groups for participation in the Lifestyle and Nutrition semester are:</p> <ul style="list-style-type: none"> <li>- Students from universities participating in the PALC consortium (Lithuania, Portugal, Denmark, United Kingdom, The Netherlands and Italy);</li> <li>- Students from other sports and health related bachelor programmes from Universities in The Netherlands and abroad;</li> </ul>
<p>Recommended or required reading and/or other learning resources/tools</p>	<p>The final literature list that will be used during the semester will be available at the start of the semester Lifestyle and Nutrition.</p> <ul style="list-style-type: none"> <li>• Introduction to Human Nutrition (2002), M.J. Gibney, H.H. Vorster &amp; F.J. Kok. Blackwell Science Ltd, a Blackwell Publishing Company, Oxford, UK.</li> <li>• Nutrition: A Lifespan Approach (2009). S. Langley-Evans. Blackwell Science Ltd, a Blackwell Publishing Company, Oxford, UK.</li> </ul>

	<ul style="list-style-type: none"><li>• Public Health Nutrition (2004), M.J. Gibney, B.M. Margetts, J.M. Kearney &amp; L. Arab. Blackwell Science Ltd, a Blackwell Publishing Company, Oxford, UK.</li></ul>
Assessment methods and criteria	<p>here are several assessment methods:</p> <ul style="list-style-type: none"><li>• Case study</li><li>• Report</li><li>• Presentation</li><li>• Practical assessment</li><li>• Multiple choice assessment</li><li>• Reflection assignments</li></ul>