



UNIVERSITY OF L'AQUILA



Department of Health, Life and
Environmental Sciences

Profile of

1st Cycle Degree in
NUTRITION AND DIETETICS

Laurea in
DIETISTICA

<p style="text-align: center;">DEGREE PROFILE OF Laurea in DIETISTICA <i>First Cycle Degree in NUTRITION AND DIETETICS</i></p>

TYPE OF DEGREE & LENGTH	Single Degree (180 ECTS-credits) The number of students is limited as required by National Law. Entrance test is precondition for enrollment.
INSTITUTION(S)	Università degli Studi dell'Aquila - <i>University of L'Aquila</i> , ITALY
ACCREDITATION ORGANISATION(S)	Italian Ministry of Education and Research and Ministry of Public Health Associazione Nazionale Dietisti (ANDID) - <i>National Italian Association of Dietitians</i> (www.andid.it)
PERIOD OF REFERENCE	Programme validated for 3 years for cohorts starting in October 2012
CYCLE /LEVEL	QF for EHEA: First Cycle; EQF level: 6; NQF for Italy: Laurea

A	PURPOSE
	<p>The first cycle degree in <i>Nutrition and Dietetics</i> is classified in the Italian register of undergraduate degree courses as L/SNT3 within the HEALTH PROFESSIONS in accordance with the Italian <i>Decrees n.509/1999</i> and <i>n.128/2001</i>. Dietitian Nutritionists are licensed health care professionals and specialists in food and nutrition sciences (DM the Ministry of Health 14/9/1994, n.744 and subsequent amendments and additions). The Bachelor Degree in "<i>Nutrition and Dietetics</i>" provides students with a broad general education and a strong foundation in nutrition, dietetics and the sciences. The emphasis is integrating theory, research and application of knowledge to the profession of dietetics. The curriculum meets the Didactic Program in Dietetics requirements of the <i>National Italian Association of Dietitians</i> (www.andid.it) and European Federation of the Associations of Dietitians (www.efad.org). Graduates are eligible for admission to accredited internships. The program also prepares graduates not pursuing a career in dietetics for advanced graduate/ professional study or employment matching their individual interests and professional goals. The programme meets the requirements of European and National laws and Directives. Degree holders obtain the credentials for National Certification as Dietitian Nutritionists.</p>

B	CHARACTERISTICS		
1	<table border="1"> <tr> <td>DISCIPLINE(S) / SUBJECT AREA(S)</td> <td>Strong theoretical basis nutrition/dietetics, Sciences and Medicine, Dietitian Practice (30:30:40)</td> </tr> </table>	DISCIPLINE(S) / SUBJECT AREA(S)	Strong theoretical basis nutrition/dietetics, Sciences and Medicine, Dietitian Practice (30:30:40)
DISCIPLINE(S) / SUBJECT AREA(S)	Strong theoretical basis nutrition/dietetics, Sciences and Medicine, Dietitian Practice (30:30:40)		
2	<table border="1"> <tr> <td>GENERAL / SPECIALIST FOCUS</td> <td>Specialist Nutrition and Dietetics</td> </tr> </table>	GENERAL / SPECIALIST FOCUS	Specialist Nutrition and Dietetics
GENERAL / SPECIALIST FOCUS	Specialist Nutrition and Dietetics		
3	<table border="1"> <tr> <td>ORIENTATION</td> <td>It is an academic degree with a professional orientation applied to the theory and practice of Dietitian Nutritionist professional profile, according to International and National Directives.</td> </tr> </table>	ORIENTATION	It is an academic degree with a professional orientation applied to the theory and practice of Dietitian Nutritionist professional profile, according to International and National Directives.
ORIENTATION	It is an academic degree with a professional orientation applied to the theory and practice of Dietitian Nutritionist professional profile, according to International and National Directives.		
4	<table border="1"> <tr> <td>DISTINCTIVE FEATURES</td> <td> <p>This degree has a strong component of interdisciplinary learning with other Health Care professionals and benefits of a stimulating research environment. Furthermore the program is distinguished by:</p> <ul style="list-style-type: none"> • Opportunities to work closely with talented faculty members who are outstanding teachers and scholars; • Extensive hands-on laboratory experiences; • Course work that focuses on both personal and professional skills; • A focus on lifelong learning. <p>Students have a 3-months placement in clinical departments in Italy and/or abroad. The final exam provides the State certification for the practice of the profession as</p> </td> </tr> </table>	DISTINCTIVE FEATURES	<p>This degree has a strong component of interdisciplinary learning with other Health Care professionals and benefits of a stimulating research environment. Furthermore the program is distinguished by:</p> <ul style="list-style-type: none"> • Opportunities to work closely with talented faculty members who are outstanding teachers and scholars; • Extensive hands-on laboratory experiences; • Course work that focuses on both personal and professional skills; • A focus on lifelong learning. <p>Students have a 3-months placement in clinical departments in Italy and/or abroad. The final exam provides the State certification for the practice of the profession as</p>
DISTINCTIVE FEATURES	<p>This degree has a strong component of interdisciplinary learning with other Health Care professionals and benefits of a stimulating research environment. Furthermore the program is distinguished by:</p> <ul style="list-style-type: none"> • Opportunities to work closely with talented faculty members who are outstanding teachers and scholars; • Extensive hands-on laboratory experiences; • Course work that focuses on both personal and professional skills; • A focus on lifelong learning. <p>Students have a 3-months placement in clinical departments in Italy and/or abroad. The final exam provides the State certification for the practice of the profession as</p>		

	registered <i>Dietitian Nutritionist</i> .
--	--

C EMPLOYABILITY & FURTHER EDUCATION		
1	EMPLOYABILITY	<p>Upon successful completion of the Programme, graduates are eligible to work as registered Dietitian Nutritionist and join the National Association ANDID (www.andid.it) who have fulfilled the requirements of European Directive ("Professional Qualifications Directive" 2005/36/EC) on the Recognition of Health Care Professional Qualifications.</p> <p>Graduates in Nutrition and Dietetics carry out their professional activities in health care facilities, public or private, Community groups, Health Clubs, Health and Welfare Agencies, Public and Private Schools, etc., either as employees or freelance workers.</p>
2	FURTHER STUDIES	<p>The Bachelor Degree in Nutrition and Dietetics normally gives direct access to the corresponding Second Cycle degree programme. It also gives access to some other Second Cycle degree programmes in Health care professionals with further specialization, as well as in leadership and management specialization (in which case extra work may be necessary for admission).</p>

D EDUCATION STYLE		
1	LEARNING & TEACHING APPROACHES	<p>Lectures, group-work, individual study and autonomous learning, interprofessional learning, self directed study, work placement.</p>
2	ASSESSMENT METHODS	<p>Assessment methods are both Formative and Summative.</p> <p>Formative assessment is a fundamental part of the teaching and learning activities. Throughout the Programme students are encouraged to become independent and self-motivated learners, thriving on challenge and opportunities to think for themselves.</p> <p>At the start of the degree each student is assigned a Tutor who, throughout the studies, provides help in three important areas: supporting academic progress, developing transferable skills and dealing with any welfare issues.</p> <p>Small-group or individual tutorials, run alongside the lecture course and addressing any individual problems, allow the students to consolidate lecture material, as well as test understanding through problem-solving exercises.</p> <p>Summative assessment is performed in several ways, according to the characteristics of each Module. Written exams, oral exams, laboratory and project reports, oral presentations, continuing assessments, course work evaluation, final comprehensive exam. Particular emphasis is given to team work, with a variety of assessment methods of results obtained in either a group or individually (by splitting tasks and assignments), by written reports or a presentation. The aim is to develop a research-orientated approach to a problem and to acquire essential skills that are highly valued by employers and in the profession.</p> <p>During the second and third year the student must work in the laboratories and carry out experiments focused on specific research themes that will be the topics of their Thesis under the guidance of a tutor/supervisor. The results will be reported in a written text that must possess the characters of originality, exhaustive documentation and scientific investigation, and the final exam, consisting of the presentation of the outcomes to a committee of university professors and experts, aims to evaluate the acquired knowledge, skills and competences as well as the</p>

	<p>capacity to be independent in making judgments, updating knowledge and to communicate clearly the learnt concepts.</p> <p>Students are informed of the assessment procedure before the courses start and are also provided with previous examples.</p> <p>Re-assessment procedures follow the principles decided at institutional level.</p> <p>The final exam consists in the discussion of a written text and in a practical exam aimed at demonstrate that the candidate has acquired the essential professional skills and competences related to the professional profile. This exam provides the credentials for National Certification as <i>“Dietitian Nutritionist”</i></p>
--	--

E	PROGRAMME COMPETENCES
1	GENERIC
	<p>The degree programme meets the competences and quality assurance procedures required by <i>Italian Association of Dietitian Nutritionists</i> (www.andid.it) established by Italian Law 19/6/2006 n.744 and by the National Higher Education Quality Assurance Agency (AVA) requirements for degree courses at first level. This includes the Generic Competences expected for the first cycle graduated, as follows:</p> <ul style="list-style-type: none"> — Analysis and synthesis: Knowledge and understanding of the subject area and understanding of the profession and ability to be critical and self-critical — Flexible mind: Ability to make reasoned decisions and to interact with others in a constructive manner, even when dealing with difficult issues, — Leadership, Management and Team-working: Ability to work in a team and to interact constructively with others regardless of background and culture and respecting diversity — Communication skills: Ability to communicate both orally and through the written word in first language — Field culture: Ability to apply knowledge in practical situations and to act on the basis of ethical reasoning — Learning ability: Capacity to learn and stay up-to-date with learning — Problem solving: Ability to identify, pose and resolve problems — Other skills: Ability to plan and manage time and to evaluate and maintain the quality of work produced.
2	SUBJECT SPECIFIC
	<p>The Programme meets all the Specific Competences as established and agreed in collaboration with the field stakeholders, clustered within the key overarching competences summarized below:</p> <p>Knowledge of :</p> <ul style="list-style-type: none"> - key areas of physical and biological sciences, including scientific knowledge, experience-based knowledge and knowledge of the human body and diseases; - nutrition and diet theory and methods; and the ability to apply this knowledge in professional practice; - food safety and food production; <p>Comprehension/understanding:</p> <ul style="list-style-type: none"> - ability to identify and analyse nutritionist issues using relevant theory, methodology and practical experience and contribute constructively to resolving the main constraints; - ability to apply knowledge and skills necessary to plan and evaluate menus and diets of individuals/groups to promote nutritional health and well-being; <p>Analysis:</p> <ul style="list-style-type: none"> - Ability to analyse, assess and evaluate problems with nutrition and diet as well as the patient's capacity and resources to take action in connection with these problems; - ability to interpret current research and develop critical thinking skills. <p>Application:</p> <ul style="list-style-type: none"> - ability to apply theoretical knowledge of biological and biological facts to nutrition practice, also at clinical level; - ability to plan, carry out and assess the effect of coherent and adequate diet programme; - ability to identify realistic goals for nutritional interventions in collaboration with the patient and in accordance with the patient's life, prerequisites, development potential, wishes and expectations; <p>Synthesis:</p> <ul style="list-style-type: none"> - capacity to provide reasons for, analyse, interpret and document the chosen actions and solutions on the basis of

	<p>reasoning, decision-making, documentation and evaluation processes;</p> <p>Creativity:</p> <ul style="list-style-type: none"> - ability to plan and adapt instruction, guidance and advice as regards problems with nutrition and diet; <p>Evaluation:</p> <ul style="list-style-type: none"> - Ability to assess the patient's surroundings and adjust them with a view to supporting and promoting healthy nutrition; - ability to evaluate goal setting treatment planning. <p>Problem managing:</p> <ul style="list-style-type: none"> - ability to coordinate, administer and manage specific nutritional services and general healthcare services offered to patients with a focus on health promotion, prevention and resilience; <p>Communication:</p> <ul style="list-style-type: none"> - ability to communicate effectively both verbally and in writing with patients, relatives, colleagues and other professional groups in multidisciplinary and multiprofessional collaboration.
--	--

F	COMPLETE LIST OF PROGRAMME LEARNING OUTCOMES
	<p>A newly graduated Bachelor of "Nutrition and Dietetics" should be able to:</p> <ul style="list-style-type: none"> - Know, apply and critically analyze and evaluate concepts related to the science of food and nutrition with a focus on humans; - Develop written & oral skills commensurate with the ability to summarize, evaluate, synthesize, and appropriately communicate scientific concepts to a variety of audiences; - Acquire personal characteristics and leadership, management, and human relations skills appropriate to professional practice in careers related to food science and human nutrition; - Recognize and use appropriate technologies, such as computer applications and food and nutrition laboratory methodologies; - Develop problem-solving and critical thinking skills; - Develop and demonstrate the ability to be an effective participant in community service; - Work as part of the health care team and assess the nutritional status of individuals, develop nutrition care plans, monitor the effectiveness of the nutrition intervention, and provide counseling to clients. Clinical dietitians work in hospitals, dialysis centers, and home nutrition support programs; - Manage large scale food service operations to ensure the safe, sanitary, and cost effective preparation and distribution of meals. Dietitians work in food processing, hospitality and patient food service; - Develop programs and services to improve nutritional well-being and access to healthy food and to address specific nutrition needs of groups within their community. Community dietitians often work with government programs as well as with schools and non-profit organizations; - Conduct research studies to answer questions to enhance nutritional care, improve food service and health outcomes. - Provide expertise in nutrition, diet therapy, and food service to individual clients, corporate health and wellness programs, and the media. - Independently source, critically assess and apply new research in work contexts and participate in development work, implementation and evaluation within the profession; - Critically assess his/her own Dietitian Nutritionist practice in general; - Adapt to new situations and be innovative when solving problems and making decisions, whether individually or in collaboration with patients or business partners; - Establish a therapeutic relationship with the patient based on existing ethical guidelines and identify and handle ethical dilemmas arising in connection with Dietitian practice; - Collaborate with patients, relatives, care givers, colleagues and other relevant parties regardless of ethnic, cultural, religious and social background; - Coordinate, administer and manage specific dietetic services and general healthcare services offered to patients with a focus on health promotion, prevention and resilience; - Further develop his/her own knowledge, skills and competences as part of life-long learning, including identifying his/ her own learning requirements and assessing the learning outcome; - Be innovative and apply existing knowledge in new contexts as well as follow, apply and participate in development work in the food and nutrition field; - Demonstrate autonomous practice as an entry level Dietitian, encompassing cardiovascular/pulmonary, neurology and musculoskeletal basis of nutrition management; - Identify and develop skills to gain successful admission into entry level careers or post-graduate education;

- Continue theoretical and further education at a Master's level upon completion of the Bachelor's degree as well as participate in professional specialization within a narrow professional field.

Comprehensive Scheme of the 1st Cycle Degree in NUTRITION AND DIETETICS

YEAR	CODE	COURSE	Credits (ECTS)	Semester
I	D4181	Biochemistry, Chemistry and Food Commodities	9	1
	D4183	Statistical and Computer skills and Health Management	16	1
	D3977	Basic Sciences	7	1
	D3839	Physiology and Pathology	6	2
	D3840	Human Nutrition	6	2
	D4079	<i>Free choice courses</i>	6	2
	D4108	<i>Other activities/courses:</i> <ul style="list-style-type: none"> o D4109 - Foreign Language/English, Level A2 (3 ECTS) o D4110 - Other activities (Computer Sciences, Workshops, Seminars) (6 ECTS) o D4111 - Professional Laboratories (3 ECTS) 	12	2
	D3638	Internship/Traineeship I	16	2
II	D4187	Food Safety	6	1
	D4189	Health Services	6	1
	D0836	Medical Sciences I	10	2
	D0856	Medical Sciences II	6	2
	D3640	Internship/Traineeship II	32	2
III	D4196	Surgery Disciplines	9	1
	D3846	Neurological and Psycho-behavioral Disciplines	7	1
	D0509	Clinical Interdisciplinary Sciences	8	2
	D3642	Internship/Traineeship III	12	2
	D2054	Thesis	6	2