



UNIVERSITÀ DEGLI STUDI DI PALERMO

DEPARTMENT	Promozione della Salute, Materno-Infantile, di Medicina Interna e Specialistica di Eccellenza "G. D'Alessandro"		
ACADEMIC YEAR	2021/2022		
BACHELOR'S DEGREE (BSC)	DIETISTICS		
INTEGRATED COURSE	MEDICAL BEHAVIOURAL SCIENCES - INTEGRATED COURSE		
CODE	18943		
MODULES	Yes		
NUMBER OF MODULES	3		
SCIENTIFIC SECTOR(S)	M-EDF/01, M-PSI/08, MED/49		
HEAD PROFESSOR(S)	DI RAIMONDO DOMENICO	Professore Associato	Univ. di PALERMO
OTHER PROFESSOR(S)	DI RAIMONDO DOMENICO	Professore Associato	Univ. di PALERMO
	EPIFANIO MARIA STELLA	Professore Associato	Univ. di PALERMO
	RANDAZZO CRISTIANA	Ricercatore a tempo determinato	Univ. di PALERMO
CREDITS	9		
PROPAEDEUTICAL SUBJECTS			
MUTUALIZATION			
YEAR	3		
TERM (SEMESTER)	2° semester		
ATTENDANCE	Mandatory		
EVALUATION	Out of 30		
TEACHER OFFICE HOURS	<p>DI RAIMONDO DOMENICO Friday 12:00 14:00</p> <p>EPIFANIO MARIA STELLA Wednesday 10:00 12:00 Campus universitario, edificio 15, piano 7, stanza 011. Il ricevimento studenti si tiene in modalita mista, in presenza e online. La docente resta raggiungibile tramite mail al seguente indirizzo: mariastella.epifanio@unipa.it oppure nel giorno e nell'orario indicato per il ricevimento in presenza e sulla piattaforma Microsoft Teams al Team Ricevimento Prof.ssa Epifanio, codice hfe7xxe</p> <p>RANDAZZO CRISTIANA Thursday 15:00 17:00 Dipartimento Promozione della Salute, Materno-Infantile, di Medicina Interna e Specialistica di Eccellenza "G. D'Alessandro" (Promise).Piazza delle Cliniche, 2, Edificio 2a -90127, PALERMOPREVIA RICHIESTA a cristiana.randazzo@unipa.it</p>		

PREREQUISITES	The student must have acquired a suitable knowledge of the disciplines of the first two years of the Course
LEARNING OUTCOMES	<p>Knowledge and understanding They know of the commercial diets and their effects on the health, of the bases of the characteristic antropometriche, of the methodic ones of evaluation of the state nutrizionale, of the mechanisms to maintain the budget hydro-elettrolitico, of the syndromes and of the consequent illnesses to wrong alimentary behaviors and of the bases for their treatment nutrizionale. They know of the illnesses that provokes malnutrition, of the principal dietary-behavioral treatments and they have ability to understand the rational one some therapy physician-nutrizionale. They have ability to understand the principles of alimentary regimes and the therapy nutrizionale to adopt under particular physiological and pathological, acute and chronic conditions. They recognize the signs and relative symptomsimprovement.</p> <p>ABILITY TO APPLY KNOWLEDGE IS UNDERSTANDING They know how to organize the services, to identify and to respect the roles of the single professional figures organize the job in fine-professional team. They have ability to interpret the principal tests of laboratory and instrumental examinations to appraise and eventually to manage the correct nutrition of the patients under acute and chronic clinical conditions. They identify the subjects that are to risk of malnutrition and they ask for modifications of the style of life or alimentary integrations. They know how to use tools and methodologies of verification of the quality of the interventions nutrizionali, to realize preventive interventions and of assistance dietary-nutrizionali in the different pathologies, to plan, to realize and to appraise an intervention of artificial nutrition.</p> <p>AUTONOMY OF JUDGMENT They take relief decisions in coherence with the legal dimensions, ethics and deontologiche that regulate the sanitary organization and the professional responsibility. They realize effective relationships and correct deontologicamente with the consumers, the other professionals, the structures partner-sanitary and other components. They have the ability to integrate the knowledges to manage the complexity, also under conditions of multipatologia, as well as to eventually formulate also judgments on the base of limited or incomplete information. They are able to appraise the implications and the results of the treatments. They know how to choose the fittest diet for the single individual or group. They know how to recognize the limits of their profession and whether to ask for the intervention of other professional figures.</p> <p>COMMUNICATION SKILLS They have ability to describe and to comment the acquired knowledges adjusting the communicative forms to the interlocutors. They have ability to communicate the concepts acquired in clear and organic way. They have ability to communicate the concepts acquired related to the dietary sciences in clear and organic way. They have ability to communicate the concepts acquired in clear and organic way. They have ability to communicate the concepts acquired in clear and organic way, in base to general principles of the ethics. They know how to communicate in clear and deprived way of ambiguity their conclusions, diagnostic and therapeutics, as well as the ratio to them subtended, to interlocutory experts and not experts. they have ability to also explain comprehensibly the therapy to the patient and the family ones through counseling and caregiver formation. They are skilled to explain the indications to the artificial nutrition and the choice of the street of access. They know how to manage formative and tutorial activity of support to the students in apprenticeship and you direct to the permanent formation; They know how to use the principal techniques of dietary-behavioral counseling and the to establish a relationship of help with the sick</p> <p>LEARNING SKILLS They know how to plan, to realize and to appraise interventions dietary-nutrizionali in the services of business ristorazione as well as clinical (for healthy and for sick) collectives and, turns or to the maintenance and improvement of the total quality of the meal, under the aspects of the hygienic-sanitary safety, of the quality nutrizionale and of the characteristic organolettiches and the comforts (elaboration of rations alimentary and specific menù for groups of population, elaboration of the plan of self-control, of specifications for alimentary commodities, etc.). They know how to perform relationships valutative on structures of ristorazione</p>

	<p>They know how to learn the principles deontologici of the profession, the physician-legal repercussions of their actions.</p> <p>They have acquired a clinical method and of study that allows them a continuous professional growth and of updating.</p>
ASSESSMENT METHODS	<p>Oral examination whose purpose is to verify due competences and the ability of personal synthesis concerning the program. The assessment is given in numbers (from 18 to 30). Students will have to answer orally at least two or three questions concerning the program and the texts suggested during lectures. Questions asked verify: a) acquired competences; b) ability of elaboration; c) the acquisition of adequate abilities of presentation; d) personal autonomy of judgment. Distribution of marks.</p> <p>30 – 30 cum laude: a) advanced knowledge concerning suggested topics and deep comprehension of the principles relative to the subjects studied b) advanced ability of application of acquired knowledge and full mastery of the most effective instruments to conceive a cultural analysis based on particular theoretical orientations c) correct use of the specific subjects relative to the discipline d) excellent ability to organize, in an autonomous and innovative way, topics relative to the discipline</p> <p>26 – 29: a) exhaustive and complete knowledge associated to a critical awareness b) good ability of application concerning acquired knowledge and good level of competence concerning the most effective instruments suited to make a cultural analysis on the basis of some theoretical orientations c) good competence of the specific orientations and disciplinary languages d) ability of organization due topics in an autonomous and innovative way</p> <p>22 – 25: a) knowledge of facts, principles and general concepts concerning the program b) more than basic ability of application concerning methods and instruments relative to the studied subjects c) more than basic competence of the specific orientations and disciplinary languages d) more than basic ability of organization relative to due topics</p> <p>18 – 21: a) sufficient knowledge of the main topics concerning the program to study b) sufficient capacity of application of the studied subjects c) sufficient competence of the general orientations and disciplinary languages d) sufficient ability of organization relative to due topics</p>
TEACHING METHODS	Oral Lessons

MODULE
PHYSICAL EDUCATION METHODS AND TEACHING METHODOLOGY

Prof. DOMENICO DI RAIMONDO

SUGGESTED BIBLIOGRAPHY

- Cinesiologia: Il movimento umano – Vincenzo Pirola – Edi Ermes
- Attività fisica per la salute – Pasqualina Buono – Edi Ermes
- Apprendimento motorio: concetti ed applicazioni - Bortoli e Robazza – Edizioni Luigi Pozzi
- Articoli dalla letteratura scientifica
- Appunti dalle lezioni

AMBIT	10350-Scienze della prevenzione e dei servizi sanitari
INDIVIDUAL STUDY (Hrs)	45
COURSE ACTIVITY (Hrs)	30

EDUCATIONAL OBJECTIVES OF THE MODULE

To provide the fundamental knowledge related to the terminology, the anatomical and physiological bases and the mechanisms that regulate the development of the motor activities, the biomechanics and the ability of the movement. To make to learn the principal theories and methodology of study of the human movement in a cognitive-behavioral perspective, underlying both neurological and biomechanic mechanisms aimed to the production of the movement, to the control of the voluntary movement and to the motor learning. To favor the understanding of the concept of adapted motor activity in its different aspects.

SYLLABUS

Hrs	Frontal teaching
2	Brief description of anatomy and physiology of the locomotor system and of the nervous system in relation to motor activity
2	Biomechanics of the locomotor system
2	Metabolic handling during motor activity. Basal Metabolism and exercise. Diet and physical exercise
1	Classifications of the human movement
2	Evolutionary steps of the motor development. Automatic postural reactions
2	Different types of movement (voluntary, automatic, automated, spinal reflexes, pathological movements). Models of study of the movement.
2	Motor control. Mechanisms of elaboration of the information in the execution of the movement (identification of the stimuli, selection and planning of the motor response). Control's systems open and closed-loop.
1	Theories and types of feedback. Mechanisms related to the correction of errors during movement execution
1	Motor program and parametrisation of the movement. Anticipatory movements
1	Selection and planning of the motor response
1	Concepts of the motor learning. Stages and classifications of the motor learning. Development of the basal motor schemes.
1	Methodological aspects of motor learning (quantity of the practice, distribution, variability, organization and contextual interference, mental practice, practice for parts and global, transfer, strategy and metastrategy).
1	Styles of teaching
1	Application aspects of movement (standing position, demarcation, run, jump, kick, throw)
2	The motor abilities
2	Motor qualities (Strength and test of measurement, Resistance, Rapidity, Agility, Dexterity, Equilibrium). Psychic qualities
1	General coordinate abilities. Special coordinate abilities
2	Training: technique and didactics. The training load. Motor reserve of adaptation.
3	Planning of exercise. Physical activity adapted for specific classes of subjects (elderly, diabetic, hypertensives, obese, etc.)

MODULE
APPLIED DIETETIC TECHNICAL SCIENCES 5

Prof.ssa CRISTIANA RANDAZZO

SUGGESTED BIBLIOGRAPHY

Riccardi, Pacioni, Giacco, Rivellese. Manuale di nutrizione applicata (V edizione). Idelson Gnocchi. - ISBN: 9788879477352
M. Elia, et al. Nutrizione Clinica. Casa Editrice Ambrosiana - ISBN: 9788808680044

AMBIT	10347-Scienze della dietistica
INDIVIDUAL STUDY (Hrs)	45
COURSE ACTIVITY (Hrs)	30

EDUCATIONAL OBJECTIVES OF THE MODULE

the goal of the course is to provide nutritionists with the notions to address the most important clinical and Nutritional topics in which they will have to compare/ integrate/ interact in multispecialistic teams

SYLLABUS

Hrs	Frontal teaching
2	The DPP and the DPS
1	The team
3	the obesity
1	The medical-nutritional treatment of obesity: chance of success
2	individual food schemes
2	Nutritional aspects in cancer patients, the EPIC study
2	food toxicology
2	diet and hypertension (DASH diet), diet and diabetes
1	diet and kidney diseases
1	diet and dyslipidemia
1	diet and other diseases of Nutritional interest
1	diet and bariatric surgery
4	artificial nutrition
1	hospital malnutrition
1	diet and sport
2	The Mediterranean Diet, The Seven Country Study, The Lyon Heart Study, The Predimed Study and other Nutritional trials, il progetto ABCD
3	nutrients, substrates and metabolic regulation; post-absorbent fasting, protracted fasting, the postprandial phase. The ketogenic diet

**MODULE
CLINICAL PSYCHOLOGY**

Prof.ssa MARIA STELLA EPIFANIO

SUGGESTED BIBLIOGRAPHY

Ezio Sanavio, Cesare Cornoldi Psicologia Clinica Il Mulino 2010 - 9788815082183
Materiale didattico fornito dal docente

AMBIT	10347-Scienze della dietistica
INDIVIDUAL STUDY (Hrs)	45
COURSE ACTIVITY (Hrs)	30

EDUCATIONAL OBJECTIVES OF THE MODULE

Knowledge of main theories of clinical psychology.
Understanding and recognizing psychological variables of physical and psychological diseases..

SYLLABUS

Hrs	Frontal teaching
3	Introduction to clinical psychology
3	Definition, aims and uses of clinical psychology
7	Theories of clinical psychology: cognitive-behavioural theory, psychoanalytic theory, psychosomatic theory.
3	Relationship with patient
5	Psychological and psychopathological variables of eating behaviours and of food's choices.
3	Interview in clinical psychology
2	Personality tests
2	Intelligence tests
2	rating scales