



UNIVERSITÀ DEGLI STUDI DI PALERMO

DEPARTMENT	Scienze e Tecnologie Biologiche, Chimiche e Farmaceutiche		
ACADEMIC YEAR	2023/2024		
MASTER'S DEGREE (MSC)	HUMAN FEEDING AND NUTRITION SCIENCES		
INTEGRATED COURSE	EATING DISORDERS AND HORMONAL CONTROL		
CODE	21008		
MODULES	Yes		
NUMBER OF MODULES	2		
SCIENTIFIC SECTOR(S)	M-PSI/01, MED/13		
HEAD PROFESSOR(S)	CITARRELLA ROBERTO	Ricercatore	Univ. di PALERMO
OTHER PROFESSOR(S)	CITARRELLA ROBERTO	Ricercatore	Univ. di PALERMO
CREDITS	9		
PROPAEDEUTICAL SUBJECTS			
MUTUALIZATION			
YEAR	2		
TERM (SEMESTER)	1° semester		
ATTENDANCE	Mandatory		
EVALUATION	Out of 30		
TEACHER OFFICE HOURS	CITARRELLA ROBERTO Wednesday 12:00 14:00 clinica medica I sezione di endocrinologia DiBiMiS		

DOCENTE: Prof. ROBERTO CITARRELLA

PREREQUISITES	Basic knowledge of physiology, anatomy and biochemistry.
LEARNING OUTCOMES	<ul style="list-style-type: none">- Knowledge and understanding: Ability to understand the complexity of the endocrine system in controlling nutrition, hunger and satiety, the current classification of eating disorders and the diagnostic pathways available today.- Ability to apply knowledge and understanding: Ability to trace, among the knowledge of neuroendocrinology and the pathophysiology of eating disorders, those suitable to provide the specialist with the correct interpretation of a patient's food problem, in order to identify the most appropriate approach.- Autonomy of judgment: acquisition of a method that allows you to orient yourself in the search for the most suitable tools to deal with issues and problems, even if not previously addressed, due to the mastery of the basic technical knowledge and the professionalism that the nutritionist must guarantee.- Ability to communicate: at the end of the course the student will be able to analyze the main questions relating to nutritional problems and eating disorders and will be able to express and know how to transmit the main hormonal control regulation mechanisms, at the base correct eating behavior.- Learning skills: the student is given the motivations and methods for progressing to increasingly advanced levels of knowledge in the field of nutrition biochemistry and applied through the development of adequate operational autonomy.
ASSESSMENT METHODS	<p>Oral Test. The test aims at assessing whether the student possesses knowledge and understanding of the subjects of the integrated teaching / course program, autonomy of judgment, ability to apply acquired knowledge, specific disciplinary language.</p> <p>Minimum number of questions: The student will have to answer a minimum of three oral questions, which will cover all the topics of the integrated course.</p> <p>Valuation and Policies: The evaluation is in thirty-five, as shown in the diagram below.</p> <p>Excellent</p> <p>30- 30 and praise excellent knowledge of subjects, excellent language skills, good analytic ability, the student is able to apply knowledge to solve the problems proposed;</p> <p>very good</p> <p>26-29 - Good command of subjects, full language skills, the student is able to apply knowledge to solve the proposed problems.</p> <p>Good</p> <p>24-25 - Basic Knowledge of Key Arguments, Discrete Language Properties, with limited ability to apply knowledge to the problem solving themselves.</p> <p>Satisfactory</p> <p>21-23 - He does not fully master the main subjects of the teaching but possesses knowledge, satisfying language skills, poor ability to apply the acquired knowledge independently.</p> <p>Enough</p> <p>18-20 - Minimum basic knowledge of the main topics of teaching and technical language, little or no ability to apply the acquired knowledge.</p> <p>Insufficient</p> <p>She/he does not have an acceptable knowledge of the contents of the topics taught in teaching.</p>
TEACHING METHODS	frontal lessons

MODULE
PSYCHOLOGY OF FOOD BEHAVIOR DISORDERS

SUGGESTED BIBLIOGRAPHY

Materiale didattico fornito dal docente.
Didactic material provided by the teacher.

AMBIT	20989-Attivit Formative Affini o Integrative
INDIVIDUAL STUDY (Hrs)	51
COURSE ACTIVITY (Hrs)	24

EDUCATIONAL OBJECTIVES OF THE MODULE

The course aims to address in detail the bases for the recognition of incorrect eating behaviors on a psychological basis in order to provide the student with the essential elements to understand and analyze the most common disorders of eating behavior, in order to know how to correctly orient towards behavior food and a more suitable lifestyle. The nutritionist, even without going into diagnostics and therapy, will have to learn the essential elements that identify, the presence of eating disorders that pertain to the psychic sphere. The student will have to learn the mechanisms that regulate hunger and satiety and that are altered in anorexia and bulimia.

SYLLABUS

Hrs	Frontal teaching
8	Dynamics of the therapeutic relationship and empathy. Knowledge of the main methods of clinical psychology applied to eating disorders. Empathy and specialization of the cerebral hemispheres.
8	Multidisciplinary approach to the diagnostic and therapeutic phase of eating behavior disorders. Introduction to Porges and the Polyvagal Theory. Siegel and the Tolerance Window. Mentalization and approach to eating disorder therapy.
8	Strategies for the containment of the eating disorder: "mental images", struggle with food and its management, strengthening the sense of security. Role of emotions. Positive routines: exercise, relaxation and other strategies.

MODULE
ENDOCRINOLOGY

Prof. ROBERTO CITARRELLA

SUGGESTED BIBLIOGRAPHY

MANUALE DI ENDOCRINOLOGIA - AUTORI: LOMBARDO, LENZI - 2017

Manuale di studio del sistema endocrino e le sue patologie.

Il testo è articolato in 13 sezioni, ciascuna dedicata a una specifica ghiandola o a un determinato processo endocrino. Di ogni ghiandola endocrina sono analizzate l'embriologia, l'anatomia, la fisiologia e le patologie che possono interessarla.

AMBIT	20989-Attivit Formative Affini o Integrative
INDIVIDUAL STUDY (Hrs)	102
COURSE ACTIVITY (Hrs)	48

EDUCATIONAL OBJECTIVES OF THE MODULE

To provide students of

- knowledge about endocrine homeostasis,
- knowledge about pathophysiological triggers of the principal endocrine diseases
- knowledge about identification and management of endocrine dysfunction in people with eating disorders

SYLLABUS

Hrs	Frontal teaching
48	<ul style="list-style-type: none"> •overview on endocrine system •Endocrine axis and glands •glucose homeostasis, Diabetes Mellitus, Metabolic syndrome and Incretin system •neuroendocrinology of nutrition, •thyroid hormones homeostasis; thyroid diseases •adipose tissue as endocrine gland, •principal links between endocrine system and physical activity, •Mineral metabolism and metabolic diseases of the bones •Physiopathology of the phenomenon of insulin-resistance •ENDOCRINE DYSFUNCTION AND EATING DISORDERS