



Course catalogue

TTF-NUT304 Obesity and undernutrition

Programme	Nutrition
Level	Bachelor's programme
Academic year	III year
Semester	Autumn Semester
ECTS credits	6 credits
Lecturers	Full Prof. Zora Uzunoska, PhD Ass. Prof. Viktorija Stamatovska, PhD
Language	Macedonian
Objective	The goal is to study the causes of increased body weight and obesity, as well as the reasons that lead to malnutrition in different age groups. To learn preventive strategies and management of excess weight, obesity and associated diseases.
Content	The course comprises the following parts: Estimation of nutrition (Measurement of adipose tissue; Anthropometric investigations). Obesity (Reasons for occurrence of obesity; Emergence and development of chronic non-infectious diseases; Types of treatment for obesity; Obesity in children and adolescents; Preventive measures). Malnutrition (Global malnutrition crisis as a consequence of poverty; Kwashiorkor & Marasmus; Anorexia nervosa & Bulimia). Methods used to cover class material include lectures, videos, projects and class discussion. The students will be encouraged to web sites and the library.
Learning materials	Reading from the primary literature are referenced in class and posted to the course website.