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Summer School, 22-30 August 2018 (3 ECTS)

Title: Current Nutrition: Human Body Composition - Metabolism & Cretan/Med. Diet

Short title: Human Body Composition & Metabolism, Logo: Human-CoMet 2018



Department of Nutrition & Dietetics

located in Sitia (Eastern Crete)

University of Applied Sciences Crete – Technological Educational Institute of Crete

located in five cities across Crete, Greece

Course content:

- A) Definition/classification of obesity using percent body fat in parallel to BMI. Resting Metabolic Rate and correlation with body composition. Models used in various body composition methods. Outline of several methods such as, Underwater Weighing and BodPod, Bioelectrical impedance analysis (BIA) and Bioelectrical Impedance Spectroscopy (BIS), Near-Infrared Interactance (NIR), Dual-energy X-ray Absorptiometry (DXA), Total Body Water (TBW), Imaging methods (MRI and CT), Total Body Potassium (TBK), Skin-fold measurement (SKF) etc.
- B) Food/habits in Cretan/Mediterranean diet: Contribution of antioxidant mechanisms, Overweight and obesity prevention, Cardiovascular disease and neoplasia pathophysiology, Cognitive-function protection, Current metabolomics and Med-diet.



Erasmus+