



THE DEPARTMENT OF NUTRITIONAL SCIENCE AND DIETETICS

History

The Department of Nutritional Science and Dietetics (School of Health Sciences) of the University of the Peloponnese was established by Law 4610/2019 and has been operating since the academic year 2019-2020.

Location

The Department is housed in a building located on the University of the Peloponnese campus in Antikalamos, Messinia, approximately seven (7) kilometers from the center of Kalamata.

Campus

The campus covers an area of about 100 acres and hosts the Department of Nutritional Sciences and Dietetics, the Department of Speech and Language

Therapy of the School of Health Sciences, the Departments of the School of Agriculture and Food, and the School of Management.

The campus facilities include a Library with a printing unit, a student restaurant, sports fields and greenhouses. The Student Hall of Residence operates in the city of Kalamata.

The Department of Nutritional Sciences and Dietetics

The Department is equipped with modern teaching rooms and lecture theatres. Laboratory courses are conducted in the Department's new well-equipped laboratories, offering students hands-on experience with contemporary scientific equipment and techniques.

The Program of Nutritional Sciences and Dietetics

The Undergraduate Program aims to educate new scientists who will acquire the knowledge required to improve the dietary habits and nutritional status of individuals, as well as specific population groups, such as newborns, infants, children, adolescents, athletes and people with special needs.

Education in the Department covers a broad spectrum of subjects before moving on to specialized topics focusing on the nutrition of particular population groups. The Undergraduate Program combines theoretical teaching with laboratory-based and practical training and is designed to keep pace with current scientific developments. The duration of studies is four years (eight semesters).





Within the Erasmus+ International mobility program, the following modules are offered in English for the international students.

List of modules offered in English within the Erasmus+ International Mobility Program

Year 1 Modules

COURSE CODE	TITLE	ECTS	Course Leader
EDD103	English Medical Terminology	4	Dr Georgios Panoutsopoulos
EDD1021	Computer Science	4	Dr Stavros Nikolopoulos
EDD203	Human Physiology I	5	Dr Georgios Panoutsopoulos
EDD204	Biochemistry I	5	Dr Sotirios - Spyridon Vamvakas

Year 2 Modules

COURSE CODE	TITLE	ECTS	Course Leader
EDD301	Biochemistry II	4	Dr Sotirios - Spyridon Vamvakas
EDD302	Human Physiology II	6	Dr Georgios Panoutsopoulos
EDD3031	Nutritional Assessment	5	Dr Paraskevi Detopoulou
EDD305	Pathophysiology I	3	Dr Vasileios Dedes
EDD3061	Health Psychology	4	Dr Evangelia Fappa
EDD307	Physiochemical Processes in Biological Systems	4	Dr Sotirios - Spyridon Vamvakas
EDD401	Human Nutrition and Macronutrient Metabolism	6	Dr Aristeia Gioxari
EDD402	Pathophysiology II	3	Dr Vasileios Dedes
EDD403	Basic Principles of Clinical Nutrition	5	Dr Paraskevi Detopoulou
EDD4042	Nutritional Counseling	5	Dr Evangelia Fappa
EDD4053	Pharmacology	4	Dr Dimitra Ioanna Lampropoulou
EDD407	English Medical Terminology I	3	Dr Georgios Panoutsopoulos



Year 3 Modules

COURSE CODE	TITLE	ECTS	Course Leader
EDD503	Clinical Nutrition I	6	Dr Aristeia Gioxari
EDD504	Physiology of Exercise	6	Dr Anastasia Perrea
EDD506	Nutritional Education and Dietary Habits	3	Dr Evangelia Fappa
EDD508	Drug - Food Interactions	3	Dr Dimitra Ioanna Lampropoulou
EDD602	Sports Nutrition	5	Dr Anastasia Perrea
EDD604	Biostatistics	4	Dr Stavros Nikolopoulos
EDD605	Toxicology	3	Dr Maria Dimitriou
EDD607	Enteral and Parenteral Nutrition	3	Dr Paraskevi Detopoulou

Year 4 Modules

COURSE CODE	TITLE	ECTS	Course Leader
EDD706	Nutrigenetics - Nutrigenomics	3	Dr Maria Dimitrou

Teaching and research staff

Head of the Department

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Dr Evaggelia Fappa

Erasmus Academic Coordinator

Assistant Professor in Nutrition, Eating behavior and Nutritional Counseling

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Dr Vasileios Dedes

Assistant Professor in Exercise Physiology, Rehabilitation and Quality of Life

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Dr Anastasia Perrea

Special Teaching Staff

Expertise in sports science with emphasis on nutrition and exercise physiology

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Dr Stavros Nikolopoulos

Laboratory Teaching Staff

Expertise in Biostatistics

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1.1 Department Secretariat

The Secretariat of the Department is located on the premises of the former TEI of Peloponnese (formerly TEI of Kalamata) in Antikalamos, Kalamata, on the ground floor of the New Building, Office D.0.10 and it is staffed by Ms Georgia Dimitropoulou, Administrative-Financial Officer (University Education), Deputy Head of the Secretariat and Mr Stergios-Nektarios Anagnostou, Administrative-Financial Officer (University Education), Administrative Staff Member.