Selected Course Descriptions

Basic Principles of Nutrition
Aims: To provide students with a basic knowledge of the elements and science of human nutrition. To introduce students to the biochemistry of the classes of nutrients. To enable students to identify the chemical composition of food commodities and food sources of these nutrients and their fate within the body. To introduce students to the concept of energy, energy balance and dietary requirements.

Physiological Systems and Regulation
Aims: To develop students' understanding of the roles and limitations of homeostatic control and regulation. To examine the factors which contribute to the integrated control of representative examples of different physiological systems in health and disease.

Metabolism and Disease
Aims: To provide an introduction to basic concepts in metabolism and the principles of metabolic pathways. To provide students with information on core metabolic pathways. To discuss relationships with metabolism and core disease pathways.

Nutritional Epidemiology & Health Promotion
Aims: To introduce students to the principles of epidemiology and the field of nutritional epidemiology and the concepts and principles used in health promotion. To provide students with appropriate tools to plan and carry out community-based research in an appropriate manner. Enable students to appreciate the interdisciplinary nature of community nutrition and health and integrate knowledge and understanding from a variety of sources to identify or propose solutions for nutrition education and health promotion.

Selected Topics in Food Science
Aims: To provide students with a deeper understanding of food analysis, food safety and quality management system. To give students an understanding of changes that may occur in foods at key stages of the food chain, caused by specific handling, processing or storage methods. To encourage entrepreneurial skills and application of knowledge in practice.

Advanced Diet Therapy
Aims: To further develop and extend students clinical knowledge and expertise beyond the module Diet Therapy. This module provides advanced knowledge in the field of dietary management of the upper and lower digestive diseases, liver, biliary and pancreatic diseases, cancer, eating disorders, neurological diseases, and conditions of hypermetabolism. The aim is for students to study the diet therapy of people who suffer from these illnesses, (combining knowledge from biochemistry, metabolism and physiology) and to implement appropriate dietary interventions on an individual and group basis. Formal integration with other modules will aim to reinforce the psychosocial approach to dietetic practice.

The Psychology and Social Aspects of Eating and Food
Aims: To bring together theory, research and applications from psychology and behavioural sciences applied to dietary behavior. It provides a contemporary analysis of the psychological and social factors that underlie food choice, exploring the psychological socio-cultural, political, and economic factors that influence food production, distribution and consumption and introduces students to psychological counseling required for dietary interventions.

Public Health Nutrition
Aims: To develop and improve students' knowledge and understanding of the role of food and nutrition both in the promotion of health and well-being and in the primary prevention of diet-related diseases in groups, communities and populations.

Project (Life Sciences)
Aims: To provide an opportunity for personal development in applying prior theoretical and practical learning to a specific project and to demonstrate the ability to carry out a sustained piece of work.

why choose this programme

Highly Qualified Academic Staff
Our team comprises professors from prestigious universities with extensive experience both in Greece and internationally

Strong Employment Prospects and Career Support
including job placement services, resume workshops, and interview preparation, helping students transition smoothly into their professional careers

Hands-on Experience and Professional Networking
All students can participate in national and international conferences, seminars, and lectures on topics like obesity, metabolic syndrome, and diabetes

Comprehensive Curriculum with Real-World Applications
through lab work, internships, and community projects

Program Flexibility
with full-time or part-time studies

More than 80% of our graduates
are accepted for graduate studies in England, USA, France, Sweden, Holland etc.

The undergraduate degree programme in Dietetics and Nutrition provides graduates with the skills and qualifications necessary to pursue careers across a broad spectrum of professional settings. These include private practice as self-employed professionals, positions in clinics, hospitals, and other healthcare organisations, as well as roles in nutrigenetics and nutrigenomics services. Graduates are also well-suited for employment in food production companies, participation in funded research projects, and involvement in sustainable nutrition and food waste reduction initiatives.
In addition to immediate employment opportunities, the programme offers a strong foundation for postgraduate studies abroad, enabling students to specialise further in their field of interest. Many students have taken advantage of the resources offered by the New York College Career Office, completing internships in institutions located in Athens or Thessaloniki—opportunities that have frequently led to continued employment after graduation.

Apply Now!
Athens: 38 Amalias Ave., Syntagma
tel.: +30 210 32 25 961
Thessaloniki: 138 Egnatias & P.P. Germanou
tel.: +30 2310 88 98 79
info@nyc.gr, www.nyc.gr

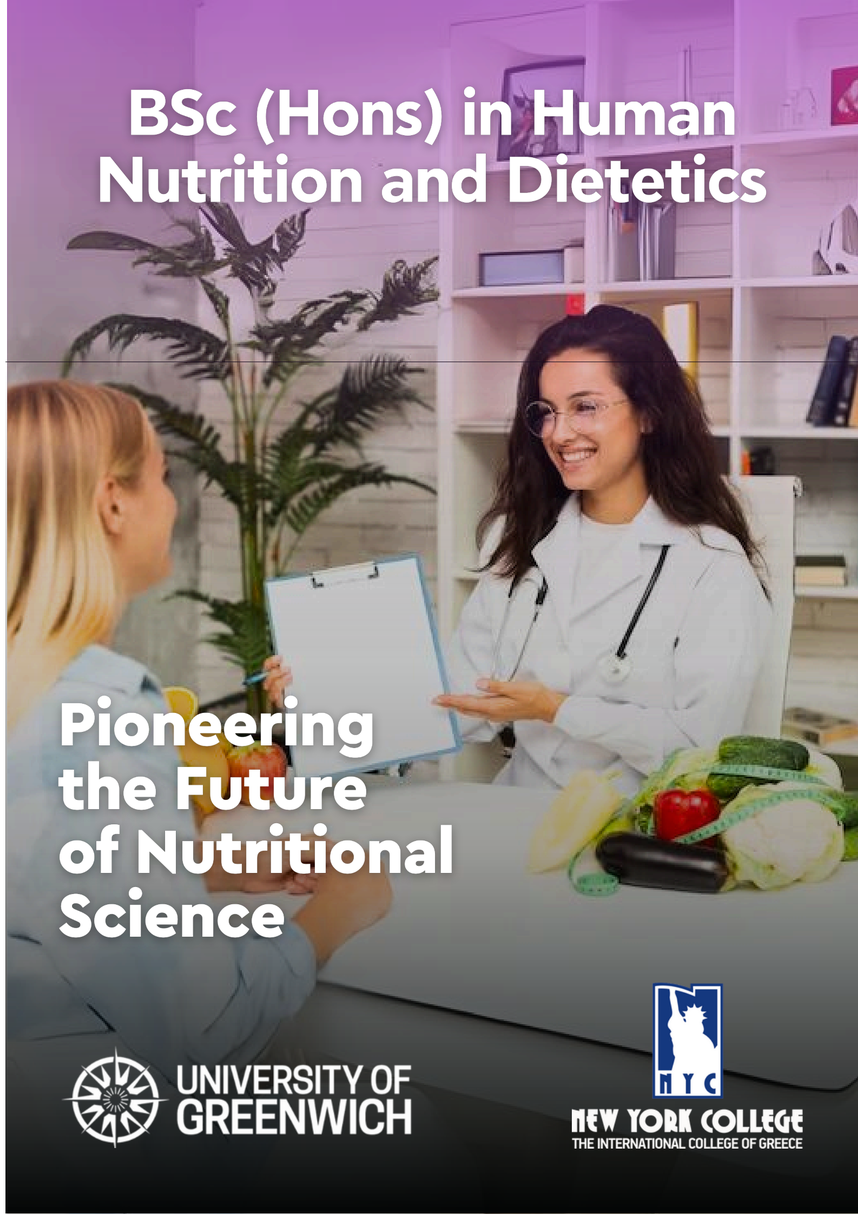
NYC ATHENS CAMPUS
ATHENS, SYNTAGMA

NYC THESSALONIKI CAMPUS
THESSALONIKI

UNIVERSITY OF NEW YORK IN PRAGUE (UNYP)
PRAGUE

NEW YORK COLLEGE
THE INTERNATIONAL COLLEGE OF GREECE
The LEADING College of University Studies in Greece:
The **ONLY** Greek College with expertise in founding and operating Private Universities in Europe!

BSc (Hons) in Human Nutrition and Dietetics



Pioneering the Future of Nutritional Science

UNIVERSITY OF GREENWICH

NEW YORK COLLEGE
THE INTERNATIONAL COLLEGE OF GREECE

The **Human Nutrition and Dietetics** programme aims to give you a multidisciplinary understanding of human nutrition and dietetics including: the scientific basis of nutrition; the food chain; the role of food within social and behavioural contexts; the relation of nutrition to health and disease at individual and public health policy levels.

WHERE SCIENCE & HEALTH INTERSECT

This is a fully accredited career-oriented programme that will enable you to gain a broad foundation in all key areas of biological science and nutrition while developing a wide range of scientific skills to prepare you for employment or further study in nutrition science. The programme has a strong emphasis on hands-on practical work, and one quarter of the assessment in the first two years is practical based. All students have practicum of 29 weeks in recognized hospitals. In addition, there is a double project in the final year. This programme is validated by the University of Greenwich.

RESEARCH

NUTRITION EXPERTISE

DATA ANALYSIS

CLINICAL METHODOLOGIES

COMMUNICATION SKILLS

Welcome to the BSc (Hons) in Human Nutrition and Dietetics program. Here, you will gain a deep understanding of the science of nutrition and its impact on health.

Our curriculum blends theoretical knowledge with practical experience, ensuring you are well-prepared to tackle real-world health challenges.

With opportunities to participate in national and international conferences, you'll stay at the forefront of nutritional science and build invaluable professional networks. Join us in making a meaningful difference in the world of health and nutrition.

Konstantinos Chardavellas
Head of the Human Nutrition and Dietetics Department,
New York College

Programme Duration

Program Flexibility with full-time or part-time studies

Full time 3 years

Part time Studies 4 years

CURRICULUM

Year 1

- Fundamentals of Biology and Physiology (30 credits)
- Practical and Academic Skills (30 credits)
- Basic Chemistry for Life Science (15 credits)
- Biochemistry 1 (15 credits)
- Biochemistry 2 (15 credits)
- Basic Principles of Nutrition (15 credits)
- Placement 1

Year 2

- Diet Therapy (15 credits)
- Physiological Systems and Regulation (15 credits)
- Genetics (15 credits)
- Metabolism and Disease (15 credits)
- Selected Topics in Food Science (15 credits)
- Nutritional Epidemiology & Health Promotion (15 credits)
- Research and Professional Skills in Life Science (15 credits)
- Placement 2 (15 credits)

Year 3

- Project (Life Sciences) (30 credits)
- Advanced Diet Therapy (15 credits)
- Pharmacology (15 credits)
- Public Health Nutrition (15 credits)
- The Psychology and Social Aspects of Eating and Food (15 credits)
- Placement 3 (30 credits)

Entry Requirements

The standard entry requirement will include:

- High School Certificate of a minimum average grade of 15.0
- IELTS Score - min. 6.0, or
- TOEFL 243 (or 550 paper-based)

Students who do not meet these entry criteria will be required to attend the Extended BSc Hons Science programme (Foundation year) as this is approved by the University but must pass this programme with an overall average of 60%.

Assessment

Written assignments, examinations, practical assignments in the laboratory and presentations.

University of Greenwich Great Britain

The state UNIVERSITY OF GREENWICH is located in London and is well known worldwide due to the high employability rate of its graduates, which demonstrates its good reputation in the labour market. UNIVERSITY OF GREENWICH was ranked as the best University of London in teaching quality by the Sunday Times. The UNIVERSITY OF GREENWICH offers, in cooperation with New York College, undergraduate and postgraduate programmes with studies entirely in Greece, where students receive the original degree of this world-renowned British State University.

New York College has a franchise agreement under the Greek Ministry of Education legislation and the degree you will receive at the end of your studies is awarded by the University itself.