



Technological Educational Institute (T.E.I.) of Crete  
BRANCH OF SITEIA  
DEPARTMENT OF NUTRITION & DIETETICS

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<http://www.dd.teicrete.gr>

## Diploma Supplement

Diploma Supplement Number: .....

This Diploma Supplement follows the model developed by the European Commission, Council of Europe and UNESCO/CEPES. The purpose of the supplement is to provide sufficient independent data to improve the international 'transparency' and fair academic and professional recognition of qualifications (diplomas, degrees, certificates etc.). It is designed to provide a description of the nature, level, context, content and status of the studies that were pursued and successfully completed by the individual named on the original qualification to which this supplement is appended. It should be free from any value-judgements, equivalence statements or suggestions about recognition. Information in all eight sections should be provided. Where information is not provided, an explanation should give the reason why.

### 1. INFORMATION IDENTIFYING THE HOLDER OF THE QUALIFICATION

1.1 Family name(s):

1.2 Given Name(s):

1.3 Date of Birth (day/month/year):

1.4 Student identification number or code:

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### 2. INFORMATION IDENTIFYING THE QUALIFICATION

2.1 Name of qualification and (if applicable) title conferred (in original language): -

**Ptychio Diatrofologou - Dietologou Technologikis Ekpedefsis (First Cycle Degree, Higher Education Diploma in Nutrition and Dietetics)**

2.2 Main field(s) of study for the qualification:

**Human Nutrition and Dietetics**

2.3 Name and status of awarding institution (in original language):

**Technologiko Ekpedeftiko Idrima Kritis (Technological Educational Institute of Crete, or T.E.I. of Crete), Public institution of Higher Education supervised by the "Hellenic Ministry of Education, Lifelong Learning and Religious Affairs"**

2.4 Name and status of institution (if different from 2.3) administering studies (in original language):

**Same as 2.3**

2.5 Language(s) of instruction/examination:

**Greek**

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### 3. INFORMATION ON THE LEVEL OF THE QUALIFICATION

3.1 Level of qualification:

**Undergraduate (Bachelor's Degree), 1<sup>st</sup> cycle (ISCED 5A)**

3.2 Official length of programme:

**Duration in years: 4**

**Weeks per year: 38 weeks of full-time studies in total (30 tutorial weeks plus 8 examination weeks)**

**ECTS credits: 240**

**Total student's workload duty: About 1,000 hours**

**Practical Training: After the 7<sup>th</sup> semester of study, compulsory work placement lasting six (6) months**

3.3 Access Requirements:

**High School [Lyceum] Baccalaureate and successful participation in the National (Pan-Hellenic) entrance exams**

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## **4. INFORMATION ON THE CONTENTS AND RESULTS GAINED**

### 4.1 Mode of Study:

#### **Full-time attendance**

### 4.2 Programme requirements:

#### **According to the Rules and Regulations of the Institute students receive their degree when:**

- a) They have successfully completed their compulsory and elective courses in compliance with the Departmental Study Programme and regulations.
- b) Their Dissertation project has been evaluated and approved by a School / Faculty Committee.
- c) They have successfully completed their 6-month Work Placement / Practical Experience

#### **Upon successful completion of the Degree programme, the graduates will:**

- Have the basic theoretical and practical knowledge in the area of Nutrition-Dietetics and the related profession,
- Be able to address the processes which contribute to the development of Nutrition-Dietetics,
- Be able to properly apply the theoretical and practical knowledge acquired during the study period.

## **AIMS OF THE DEPARTMENT**

### **COGNITIVE OBJECT OF THE DEPARTMENT**

The content of studies in the Department of Nutrition and Dietetics of T.E.I. Crete covers the cognitive object of the Science of Human Nutrition and Dietetics, with emphasis on relevant applications. This science focuses on:

- 1) Covering the human nutritional needs in all stages of life (infancy, childhood, adolescence, young adulthood, middle age, elderly) and during specific periods where these needs change (pregnancy, lactation, exercising etc.);
- 2) The protection of human health against chronic "deterioration" diseases; and,
- 3) The re-establishment of human health via the dietetic support and treatment of patients.

The term 'Human' refers to the individual person, as well as to population groups.

### **MISSION OF THE DEPARTMENT**

The Department is dedicated to the development and dissemination of appropriate knowledge in the field of Science and Technology during the students' educational training, so that they become capable to use and promote contemporary methods in the fields of Human Nutrition and Dietetics. In due course, the Department: 1) Develops appropriate theoretical background of studies; 2) Develops laboratory and practical training of high quality by using contemporary technologies in education; 3) Promotes capabilities and skills that will make students competitive in a national and international level; 4) Conducts research, mainly in the technology field and in collaboration with Institutes of Higher Education; and 5) Collaborates with other Institutions involved in this field (hospitals, Associations of Dieticians etc.).

### **STUDY STRUCTURE OF THE DEPARTMENT**

The Programme of Study at the Department of Nutrition and Dietetics of T.E.I. Crete is as follows: The subjects are distributed throughout eight (8) semesters, whereas the total number of weekly taught hours in each semester ranges from 24 to 28 hours. During the first seven (7) semesters, studies include theoretical teaching, practical exercises, laboratory work, seminars, examination of case studies and educational visits to Institutions/ Industries where the Science of Nutrition and Dietetics is applied. After the sixth semester, students carry out their dissertation and during the eighth semester, depending on students' eligibility, they carry out their Practice Placement Training. The Programme of Study is structured according to the workload of each student. For the successful attendance of each subject, the taught material and form of instructive work are determined so that for each hour of teaching, the student allocates two hours for personal study, which include the time to study practical exercises and the preparation of laboratory exercises for the related subject.

For the development of the Programme, the students' workload for each subject is defined as triple the time of theoretical teaching and as equal to the time allocated for laboratory work or the teaching of practical exercises. Each subject in the Programme of Study is allocated a number of Teaching Units. The total number of Teaching Units of the subjects in each semester is thirty (30) and they are allocated to different subjects in proportion to the workload for each subject. Twenty Teaching Units are allocated to the Dissertation, whereas the successful completion of the Practice Placement Training receives 10 Units.

Students register to attend the practical exercises, as applications of theory, with the theoretical part of each subject, but by their nature these exercises require the active participation of students during the whole duration of the semester. The exercises include tutorials, case studies, individual and team projects, lectures on special subjects from invited experts, literature reviews, video projections etc. Special emphasis is given on the development of students' personal skills, including the development of taking initiatives, critical thinking and problem-solving skills. To be eligible to obtain the degree, students are required to successfully attend and complete 40 subjects of the Programme of Study, which include subjects of general background (20-30%), subjects of special background (25-30%), subjects of specialization (25-30%) and at least 1-2 subjects per category in the cognitive fields of Management, Economy, Legislation, and Humanitarian Studies (at least 10%).

The completion of the Dissertation ensures the broader employment of students in a contemporary subject of applied research or a subject directly related to the students' study specialization.

The Practice Placement Training, lasting six (6) calendar months, is supervised and evaluated and carried out in Hospitals, Private Clinics, Food Industry, Enterprises, Services and other collaborating Institutions involved in the field of Nutrition and Dietetics. More information: <http://www.dd.teicrete.gr/>

4.3 Programme details: (e.g. modules or units studied), and the individual grades/marks/credits obtained: (if this information is available on an official transcript this should be used here)

TOTAL: 44 COMPULSORY (C), AND COMPULSORY BY CHOICE (CBC) SUBJECTS (INCLUDING PRACTICE PLACEMENT TRAINING AND DIPLOMA THESIS) WHICH ARE SEPARATED INTO GENERAL SCIENCE BACKGROUND COURSES (GSBC), SPECIFIC SCIENCE BACKGROUND COURSES (SSBC), SPECIALISATION SCIENCE COURSES (SSC) AND MANAGEMENT, ECONOMY, LEGISLATION & HUMANITY COURSES (MELHC) PLUS 7 OPTIONAL COURSES (OC) TAUGHT ONCE A YEAR, DEPENDING ON THE NUMBER OF APPLICATIONS.

THE COMPULSORY AND COMPULSORY BY CHOICE SUBJECTS ARE TAUGHT EACH SEMESTER, WHEREAS THE OPTIONAL SUBJECTS ARE TAUGHT EACH SEMESTER OR YEAR, DEPENDING ON THE NUMBER OF APPLICATIONS.

**GBC:** General Background Courses, **SBC:** Specific Background Courses, **SC:** Specialisation Courses, **MELHC:** Management, Economy, Legislation & Humanity Courses, **SCSC:** Selected Compulsory Specialization Course, **OC:** Optional (Elective) Courses.

	Code	COURSE TITLE	Date Exam Taken	Course Type	ECTS Credits	Grade	Remarks
_____1st SEMESTER_____							
1	1012	Biomathematics		C/ GSBC	4		
2	1000	Physics Principles		C/ GSBC	4		
3	100A/110A	General and Inorganic Chemistry		C/ GSBC	7		
4	100B/110B	Cell Biology		C/ GSBC	6		
5	100Γ/110Γ	Human Anatomy and Histology		C/ GSBC	6		
6	100Δ/110Δ	Informatics I		C/ GSBC	3		
_____2nd SEMESTER_____							
7	2000/2100	Body Composition		C / SSBC	7		
8	2012/2112	Organic Chemistry & Structural Biochemistry		C / GSBC	8		
9	2015	Human Physiology		C / GSBC	8		
10	2014	Introduction to the Science of Nutrition and Dietetics		C / SSBC	5		
11	210A	Informatics II		C / GSBC	2		
_____3rd SEMESTER_____							
12	3008/3108	Food Chemistry and Analysis		C / SSBC	6		
13	3012/3112	Biochemistry of Metabolism		C / SSBC	6		
14	3000	Nutrition & Metabolism I		C / SSC	5		
15	300A	Energy Balance & Weight Control		C / SSC	5		
16	300B/310B	Nutritional Assessment		C / SSC	6		
17	300Γ	Introduction to Psychology		C / MELHC	2		
_____4th SEMESTER_____							
18	4000	Nutrition & Metabolism II		C / SSC	7		
19	400B/410B	Nutrition & Design of Dietary Regimes for Healthy People I		C / SSC	7		
20	400Γ/410Γ	Microbiology and Food Hygiene		C / SSBC	6		
21	400Δ	Foreign Language III (Terminology of Nutrition & Dietetics)		C / SSBC	3		
22	400E/410E	Informatics III - Biostatistics		C / SSBC	4		
23	400Z	Physiology of Exercise		CBC/ SSBC	3		
24	400H	Food and Drink Legislation		CBC/ SSBC	3		
_____5th SEMESTER_____							
25	5000/5100	Nutrition & Design of Dietary Regimes for Healthy People II		C / SSC	8		
26	5012	Internal Pathology		C / SSC	8		
27	500A/510A	Technology and Principles of Food Production		C / SSBC	6		
28	500B/510B	Ergometry		C / SSBC	5		
29	5010	Marketing and Ethics in Nutrition and Dietetics		CBC/ MELHC	3		
30	5011	Political Economy of Nutrition		CBC/ MELHC	3		
_____6th SEMESTER_____							
31	6013/6113	Clinical Nutrition & Design of Dietary Regimes for Clinical Conditions I		C / SSC	7		
32	6000/6100	Food Quality Control		C / SSBC	7		
33	600A/610A	Community Pathology in Nutrition		C / SSC	7		
34	600B/610B	Counseling and Education in Nutrition		C / MELHC	6		
35	6016	Mass-Catering Food Production		CBC / SSBC	3		
36	6012	Nutritional Value of Foods following Processing		CBC / SSBC	3		
_____7th SEMESTER_____							
37	7012/7112	Clinical Nutrition & Design of Dietary Regimes for Clinical Conditions II		C / SSC	7		
38	7009/7109	Sports Nutrition		C / SSC	6		
39	700A	Dietary Habits and Nutrition Education		C / SSC	6		
40	7000	Psychology and Psychopathology in Nutrition		C / SSC	7		

41	7018/7118	Perinatal and Pediatric Nutrition	CBC/ SSC	4
42	7016/7116	Enteral and Parenteral Nutrition	CBC/ SSC	4
_____8th SEMESTER_____				
	(*)Diploma Thesis		C	20
	(**) Practice Placement Training		C	10
	<b>CODE</b>	<b>OPTIONAL COURSES ***</b>	<b>Course Type</b>	
1	ΥΔΠ00Α	Environmental Science	OC	
2	ΥΔΠ00Β	Foreign Language (General Scientific Terminology)	OC	
3	ΥΔΠ00Γ	Introduction to Economics	OC	
4	ΥΔΠ00Δ	Applications of Informatics in Dietetics	OC	
5	ΥΔΠ00Ε	Preparation and Presentation of Scientific Projects	OC	
6	ΥΔΠ00Ζ	Nutrition Supplements and Supplementary Medicine	OC	
7	ΥΔΠ00Η	Management of Human Resources – Interpersonal Relationships	OC	

(\*) Title of the Diploma Thesis: .....

(\*\*) 6-Month Practice Placement Training at: .....

(\*\*\*) OPTIONAL COURSES are not included in the prerequisites for receiving the degree and are not contributing to the final grade of the Degree.

#### 4.4 Grading scheme and, if available, grade distribution guidance:

According to article 11 of Presidential Decree 498/1984 and article 3 of law 3404/2005 the grading scheme and grade distribution use the grade scale of ten (10) as follows:

8.50 – 10.00:	Excellent
6.50 – 8.49:	Very Good
5.00 – 6.49:	Good
0.00 – 4.99:	Fail

Note: The successful completion of a course is achieved when the grade is greater or equal to 5.00

For the successful completion of a study module, the grade must be at least equal to five (5.00).

The grade of the degree (ptychio) is extracted by the following equation:

$$B = \frac{\delta_1 \cdot \beta_1 + \delta_2 \cdot \beta_2 + \dots + \delta_n \cdot \beta_n}{\delta_1 + \delta_2 + \dots + \delta_n}$$

Where  $B$  is the overall (final) grade of the Ptychio,  $\beta_i$  is the successful grade of the  $i$ -study module and  $\delta_i$  are the corresponding ECTS units of the  $i$ -study module. All the compulsory and selected compulsory study modules of the Programme Studies are taking into account to the above calculation.

Consequently, the overall classification of the qualification using two decimal digits approximation, according article 18 of Presidential Decree 498/1984 (as modified by article 3 of law 3404/2005) is as follows:

8.50 – 10.00:	“Arista” (Excellent)
6.50 – 8.49:	“Lian Kalos” (Very Good)
5.00 – 6.49:	“Kalos” (Good)

#### 4.5 Overall classification of the qualification overall average grade (in original language):

i.e. 8.20/10.0 “Lian Kalos”

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## **5. INFORMATION ON THE FUNCTION OF THE QUALIFICATION**

### 5.1 Access to further study :

The Qualification of the Department (first cycle degree) leads to employment or further study at the post-graduate level that includes the one or two year(s) second cycle leading to the Master's degree (Metaptychiako Diploma Eidikefsis) and the third cycle leading to the Doctorate degree (Didaktoriko Diploma).

### 5.2 Professional status (if applicable):

The professional rights of graduates of the Department of Nutrition and Dietetics TE are described in the Presidential Decree PD 78 (Greek Government Gazette 36/7-2-1989) and PD 919/26-8-98. The graduates, based on their specialized scientific and technical knowledge, can work either independently or in collaboration with other scientists on modern and specific areas of Nutrition and Dietetics.

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Entry requirement to the various Schools/ Departments of the Universities (Panepistimio) and the Technological Educational Institutions (Technologiko Ekpedeftiko Idryma – TEI) depends on the achievement score attained on the National Exams and on the Certificate obtained by the High School (Lyceum) graduates. More specifically, the general achievement score for a successful entry to higher education institutions takes into account the grade of high school final year and the grades on the six chosen subjects of the national level examinations. Furthermore, admission to higher education institutions depends on the number of available places (*numerus clausus*) and on the candidates' ranked preferences among the higher education schools/ departments.

#### (iii) Qualifications

Students who successfully complete their studies at Universities and TEIs are awarded a Ptychio (Degree of first cycle of studies). First cycle programmes last from four years for most fields to five years for engineering and certain other fields of science and six years for medicine. The Ptychio provides the opportunity for further study at the post-graduate level that includes the one year second cycle leading to the second degree, Metaptychiako Diploma Eidikefsis – equivalent to the Master's degree – and the third cycle of studies leading to the doctorate degree, Didaktoriko Diploma – equivalent to the PhD degree.

Recent legislation (Law 3374/2005) on quality assurance in Higher Education, the Credit Transfer System and the Diploma Supplement defines the framework and criteria for evaluation of University/TEI departments and for the accreditation of student degrees. These measures aim at promoting student mobility and contributing to the creation of a European Higher Education Area, as this is defined by the Bologna Process.

#### (iv) Ongoing reforms and policy initiatives

Concerning the higher education, indeed wide reforms take place regarding higher education and the Bologna Process. Law 3794/2009 harmonized the operation of the university and technological sectors of higher education and put both Universities and Technological Education Institutions (TEIs) at the same level of higher education.

[http://eacea.ec.europa.eu/education/eurydice/documents/eurybase/national\\_summary\\_sheets/047\\_EL\\_EN.pdf](http://eacea.ec.europa.eu/education/eurydice/documents/eurybase/national_summary_sheets/047_EL_EN.pdf)

As a consequence of the classification of the education institutes, a title (school-leaving, certificate, degree etc.) is compulsory for the student at each education level in order to continue to the next.

A detailed description of the Greek Education System is offered in:

- EURYBASE ([http://www.eurydice.org/Eurybase/frameset\\_eurybase.html](http://www.eurydice.org/Eurybase/frameset_eurybase.html)) and
- EURYDICE (<http://www.eurydice.org>) database of the European Education Systems.