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Summer School, 22-30 August 2017 (3 ECTS)

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

Short title: Human Body Composition & Metabolism, Logo: Human-CoMet 2017



Department of Nutrition & Dietetics *Technological Educational Institute (TEI) of Crete* Sitia, Crete, Greece, 22nd - 30th August 2017

Course content: a) Definition/classification of obesity and underweight using percent body fat – when this classification differs from that of BMI.

Existing models of body composition used for the various methods. Resting Metabolic Rate and correlation with body composition. Body densitometry techniques (underwater weighing and BodPod). Bioelectrical impedance analysis (BIA) and Bioelectrical Impedance Spectroscopy (BIS). Dual-energy X-ray Absorptiometry (DXA). Near-Infrared Interactance (NIR). Total Body Water (TBW) method. Imaging methods (MRI and CT). Total Body Potassium (TBK) method and neutron activation analysis methods. Skin-fold measurement (SKF). Combination of reference methods – multi-compartment models. 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+