Course Outline: "3103 - Research Methods"

1. General information

FACULTY/SCHOOL	Physical Education, Sport Science & Nutrition		
DEPARTMENT	Nutrition & Dietetics		
LEVEL OF STUDY	Undergraduate		
COURSE UNIT CODE	**3103**	**SEMESTER**	**3rd**
COURSE TITLE	**Research Methods**		

INDEPENDENT TEACHING ACTIVITIES in case credits are awarded for separate components/parts of the course, e.g. in lectures, laboratory exercises, etc. If credits are awarded for the entire course, give the weekly teaching hours and the total credits	**WEEKLY TEACHNG HOURS**	**CREDITS**
Lectures	3	
Tutoring	1	
Add rows if necessary. The organization of teaching and the teaching methods used are described in detail under section 4	**4**	**5**

COURSE TYPE *Background knowledge, Scientific expertise, General Knowledge, Skills Development*	General Knowledge
PREREQUISITE COURSES	No
LANGUAGE OF INSTRUCTION	GREEK
LANGUAGE OF EXAMINATION/ASSESSMENT	GREEK
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES
COURSE WEBSITE (URL)	

2. LEARNING OUTCOMES

Learning Outcomes

The course learning outcomes, specific knowledge, skills and competences of an appropriate (certain) level, which students will acquire upon successful completion of the course, are described in detail. It is necessary to consult:Συμβουλευτείτε το ***APPENDIX A***

- *Description of the level of learning outcomes for each level of study, in accordance with the European Higher Education Qualifications' Framework.*
- *Descriptive indicators for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and*

APPENDIX B

- *Guidelines for writing Learning Outcomes*

This module investigates the different methodological designs in research and these can be utilized in practice. This module has been developed in order to help the student understand research methods in nutrition and dietetics, and so, upon completion of this module, the student will be able to:

- Understand research designs
- Choose different research designs depending on different research hypotheses
- Critically evaluate research findings

General Competences

Taking into consideration the general competences that students/graduates must acquire (as those are described in the Diploma Supplement and are mentioned below), at which of the following does the course attendance aim?

Search for, analysis and synthesis of data and information by the use of appropriate technologies, Adapting to new situations Decision-making Individual/Independent work Group/Team work Working in an international environment Working in an interdisciplinary environment Introduction of innovative research

Project planning and management Respect for diversity and multiculturalism Environmental awareness Social, professional and ethical responsibility and sensitivity to gender issues Critical thinking Development of free, creative and inductive thinking …… (Other…….citizenship, spiritual freedom, social awareness, altruism etc.) …….

- Search for, analysis and synthesis of data and information
- Critical thinking
- Adapting to new situations

- Working in an interdisciplinary environment
- Acquisition of the appropriate theoretical cognitive background so that further education is possible.

3. COURSE CONTENT

Theory

1. Introduction to research methods
2. Types of research
3. Qualitative and quantitative research
4. Cross sectional studies
5. Epidemiological studies
6. Interventional studies
7. Clinical studies
8. Sample size and eligibility criteria
9. Systematic review of the literature
10. Meta-analysis
11. Errors in conducting research
12. Examples in research
13. Revision

Workshop
All workshops will be based on examples from the theory above

4. TEACHING METHODS - ASSESSMENT

MODES OF DELIVERY *Face-to-face, in-class lecturing, distance teaching and distance learning etc..*	Face to face or online synchronous teaching	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGY *Use of ICT in teaching, Laboratory Education, Communication with students*	eClass	
COURSE DESIGN *Description of teaching techniques, practices and methods: Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, Internship, Art Workshop, Interactive teaching, Educational visits, projects, Essay writing, Artistic creativity, etc. The study hours for each learning activity as well as the hours of self-directed study are given following the principles of the ECTS.*	***Activity/Method***	***Semester workload***
	Lectures	80
	Laboratory Classes	10
	Personal Study	35
	Total	***125***
STUDENT PERFORMANCE EVALUATION/ASSESSMENT METHODS *Detailed description of the evaluation procedures:* *Language of evaluation, assessment methods, formative or summative (conclusive), multiple choice tests, short- answer questions, open-ended questions, problem solving, written work, essay/report, oral exam, presentation, laboratory work, other……etc.*	Written final exam (100%) which includes: - Multiple choice questions	

Specifically defined evaluation criteria are stated, as well as if and where they are accessible by the students.	

5. SUGGESTED BIBLIOGRAPHY

-Suggested bibliography:

Δημοσθένης Β. Παναγιωτάκος, Μεθοδολογία της έρευνας & της ανάλυσης των δεδομένων για τις επιστήμες υγείας, Εκδόσεις Διόνικος Β΄έκδοση, 2011