

18th April 2024

Prof. Mary Koutselini Ioannidou
The Cyprus Agency of Quality Assurance
and Accreditation in Higher Education,
Limassol Avenue 5,
2112 Nicosia

Hon. Ms. Koutselini-Ioannidou,

**Subject: Αρ. Φακ.. 07.14.173.002.001
"Dietetic and Nutrition, 240 ECTS BSc"**

With regards to your letter dated January 3, 2024, and the decision of The Cyprus Agency of Quality Assurance and Accreditation in Higher Education (DIPAE) to postpone the decision for the accreditation of the above program, we have proceeded with the following actions:

• Proceed to the restructuring of the content of the program, which lacks the required scientific documentation and coherence.

We have proceeded to the restructuring of the content of the program in regards to the number of courses, the content of each course, the ECTS load and bibliography (ANNEX I & II attached).

• Add courses of specialized subjects from other fields.

We have added the following courses of specialized subjects from other scientific fields (ANNEX I & II attached).

NUTRIGENETICS AND NUTRIGENOMICS
DIGITAL MARKETING
ENTREPRENEURSHIP AND INNOVATION

• Develop the material and technical infrastructures, mainly the laboratories, and enrich the equipment of the laboratories.

We have developed the material and technical infrastructures of the laboratories and have enriched our laboratories equipment. More specifically, we have purchased the following equipment:

- CHARDER MA 601 Body Composition Analyzer
- Charder Insight Software
- Charder HM250U Digital height measurement tool
- Callegari Clini 5 Blood Analyzer
- H2 Carbohydrate intolerance & malabsorption

- **Create a strategic development plan and feasibility study**

The firm “The Experts Alliance” has been assigned by TLC and executed a strategic development plan and feasibility study (ANNEX III attached).

- **Provide a guarantee for the support of the research activity of the teaching staff**

The Limassol College has established a research center (as a non-profit legal entity) since May 2014. THE LIMASSOL COLLEGE RESEARCH CENTRE is funded by TLC, providing opportunities for teachers and students to participate in international conferences, publish scientific articles in internationally recognized journals, and submit research proposals for funding from EU programs.

Research Activity by TLC

1. Ongoing research on the recording of health and nutrition indices of first-grade elementary school children.
Students from our institution are participating in the Cypriot Observatory for Child Health and Environment, which operates on a pilot basis aiming at the epidemiological monitoring of child development. The study is conducted in collaboration with TEPAK and the University of Cyprus. Our students collect data and information on children regarding health, nutrition, and environmental indicators.
2. Research Program of the WHO EUROPEAN CHILDHOOD OBESITY SURVEILLANCE INITIATIVE (COSI).
3. Research on "Falls in the Elderly: Management through Proper Nutrition and Exercise."
4. Research on "Comparison of Public and Private Schools based on health indicators, socioeconomic status, and children's dietary habits."
5. Research on "The Mediterranean Diet in Modern Life." The research is conducted in collaboration with the University of Calabria (Italy).
6. Preparation of a research proposal for vocational training and education (Collaborative Partnerships and Small-Scale Partnerships) under Key Action 2 of the Erasmus+ program, for external funding acquisition.

A significant number of members of the teaching staff are involved in research activities, while the results of these research activities are disseminated in the teaching of the relevant courses of the Program. The relevant list is provided below:

Jacovides C., Papadopoulou S.K., Pavlidou E., Dakanalis A., Alexatou O., Vorvolakos T., Lechouritis E., Papacosta E., Chrysafi M., Mitsiou M., Mentzelou M., Kosti R.I., Giagkinis C.. (2024). Association of Pregnant Women’s Perinatal Depression with Sociodemographic, Anthropometric and Lifestyle factors and Perinatal and Postnatal Outcomes: A Cross-Sectional Study. *Journal of Clinical Medicine*, Volume 13, Issue 7, 2096

Kyriakou M., Christodoulou M., Ioannou A., Fotopoulos V., Koutinas M. (2023). Improvement of stress multi-tolerance and bioethanol production by *Saccharomyces cerevisiae* immobilised on biochar: Monitoring transcription from defence-related genes. *Biochemical Engineering Journal*, 195, 108914.

Konstantinou C, Andrianou XD, Constantinou A, Perikkou A, Markidou E, Christophi CA, et al. Exposome changes in primary school children following the wide population non-pharmacological interventions implemented due to COVID-19 in Cyprus: A national survey. *EClinicalMedicine*. 2021;32.

Michael E, White MJ, Eves FF. Home-based stair climbing as an intervention for disease risk in adult females; a controlled study. *International Journal of Environmental Research in Public Health*. 2021; 18 (2): 1–14.

Elia, A. and Georgiades, P (2021). Investigation of the pregnancy-induced muscle bundle dispersal of the inner myometrium of adult mouse uterus and its relationship to the metrial gland/MLAp. *Biochem Biophys Res Commun*. 584, 66-72.

Makris KC, Konstantinou C, Perikkou A, Zdravic AB, Christophi CA. Contrasting short-term temperature effects on the profiling of metabolic and stress hormones in non-obese healthy adults: A randomized cross-over trial. *Environ Res [Internet]*. 2020;182:109065.

Kyriakou M., Patsalou M., Xiaris N., Tesvis A., Koutsokeras L., Constantinides G., Koutinas M. (2020). Enhancing bioproduction and thermotolerance in *Saccharomyces cerevisiae* via cell immobilization on biochar: Application in a citrus peel waste biorefinery. *Journal of Renewable Energy*, 155, 53-64.

Kyriakou M., Chatziiona V., Costa C., Kallis M., Koutsokeras L., Constantinides G., Koutinas M. (2019). Biowaste-based biochar: A new strategy for fermentative bioethanol overproduction via whole-cell immobilization. *Journal of Applied Energy*, 242, 480-491.

Nikolaou S, Hadjikyri X, Ioannou G, Elia A, Georgiades P (2018) Functional and phenotypic distinction of the first two trophoblast subdivisions and identification of the border between them during early postimplantation: A prerequisite for understanding early patterning during placentogenesis. *Biochem Biophys Res Commun*. 496,64-69

Eves, F.F., Michael, E., & White, M. (2017). Malaysia as an emerging market for health. Institute of health. Kuala Lumpur, Malaysia.

Κτιστάκης Δ., (2017) Το e-portofolio, Νέος Παιδαγωγός σελ. 3744

Eves, F.F., Michael, E., & White, M. (2016). Singapore as an emerging market for health. Department of public health. Singapore.

Perikkou A, Kokkinou E, Panagiotakos DB, Yannakoulia M. Teachers' readiness to implement nutrition education programs: Beliefs, attitudes, and barriers. *J Res Child Educ*. 2015;29(2):202–11.

Journal of Luminescence, 2011, 131(8), 1776-1781, *Polyhedron*, 2013,52 856-865p

- **Proceed with the recruitment of an academic who has experience in coordinating similar educational programs**

As requested by EEC, TLC has recruited Dr. Anastasia Perikkou (ANNEX IV attached) who has the relevant experience in the coordination of similar educational programs. Her duties are: Coordinator of MSc Clinical Dietetics program, as well as Head coordinator of all the programs offered by TLC.

- **Establish procedures to ensure the quality of the educational work**

The quality of the curriculum is ensured by the following:

1. We have taken into consideration the suggestion of EEC regarding the continuous education and development of the academic staff.
We have already organized at the beginning of 2023-2024 Spring Semester, for all the academic staff, a two-day seminar called “Train the Trainer” by “The Experts Alliance” firm.

We decided to implement educational seminars at the beginning of each academic semester, conducted by “The Experts Alliance” firm, for the development of the academic staff.
2. Per semester internal evaluation through questionnaires by the academic staff, regarding the results and conditions of the educational process, in the context of their courses (implementation of objectives, coverage of content, etc.). The results are then analyzed by the program coordinator, management and the internal quality committee.
3. Academic staff recommendations and suggestions about the structure and content of the courses and the equipment and infrastructures of the Institution.
4. Per semester internal evaluation through anonymous questionnaires by the students, for the academic staff and courses. The results are then being analyzed - evaluated by the program coordinator, the management and the internal quality committee and feedback / update / recommendations are given to the academic staff.
5. The Internal Quality Committee, which analyzes, evaluates and makes recommendations concerning the quality of the educational work.
6. The program has already appointed “The Experts Alliance” as an external advisor, aiming to determine the objectives of the program, to provide in time knowledge about new trends on the educational methods, to identify upcoming legislative and regulatory developments, to specify areas that need improvements, to discuss and consider alternative educational methods and to provide interconnection methods of the program with the industry.
7. Evaluation of the program every 5 years by the CYQAA

- **Apply procedures related to the admission of students, the preparation of the practical exercise and the control of the academic performance of the students.**

There are already specific procedures and criteria regarding the admission of students, which are as follows:

A) Student Admission Requirements:

1. High school diploma or Equivalent Qualification, with a minimum grade of 15/20 (in cases of lower grade, the student for the A and B semester is monitored and guided by the responsible teacher of the year).
2. Good knowledge of English, level B2 (in case the program is offered in English).
3. Personal interview with the student, in cases deemed useful or necessary.

B) Student Transfer Requirements:

Transfer from other institutions to the Institution takes place, if the Institution is satisfied with the following information that the student provides:

1. Certificate of study and transcript
2. Equivalence of degrees and levels, where needed
3. High school diploma.

Each transferred student must submit an official detailed statement from the educational institution in which he/she studied, which lists the grades and credits of the courses he/she has completed. The semester in which the student is placed is decided by the academic committee of the Institution.

C) Necessary documents for student registration

1. completed application form
2. birth certificate
3. identity card or passport
4. two photos
5. clear criminal record certificate (for foreign students)
6. health certificate (for foreign students)
7. bank guarantee (for foreign students)

Internship:

- The practical training is divided in two semesters, ΔΚΔ704 INTERNSHIP I (non-clinical practice in establishments such as schools, food industry, kindergartens, catering establishments as well as in Dietitian/Nutritionist offices) and ΔΚΔ802 INTERNSHIP II (clinical practice in establishments such as nursing homes, hospitals, health centers, private clinics and rehabilitation centres where registered dietitians are employed).

- The internship period (for both ΔΚΔ704 and ΔΚΔ802) is 13 weeks x 2 days x 4 hours per semester, total 208 hours.

- An academic member of the Faculty is appointed for each student. The academic member supervises the student throughout the internship. The supervisor is the communication link between the School and the Employment Agency. More specifically, the supervisor:

a) is informed (either by telephone or through a visit) on a regular basis from the employment agency and monitors the progress of the students he/she supervises

b) checks the consistency of the students concerning their obligations and evaluates their participation in the Internship

c) records possible problems that may have arisen during the Internship, either on the part of the employment agency in the cooperation bodies or on the part of the students.

- Upon completion of the Internship, the student is obliged to submit the tasks (diets, nutritional advice, dietary interventions) he/she has undertaken, in writing, to the responsible person. In addition, the student, as well as the person in charge of the Employment Agency, fills out a special evaluation form. The final responsibility for the evaluation of the students' Internship rests with the three-member Evaluation Committee, taking into account the evaluations of the supervisor, the person in charge at the employment agency and the student's work/presentations.

Academic performance of students:

The evaluation of students is continuous and takes place throughout the semester. At the beginning of the each course, the teacher provides the students with the course outline, in which the objectives, learning outcomes, content, bibliography and evaluation method are indicated.

At the same time, the following apply:

1) Counseling: each member of the academic staff is available at a specific time and day per week for additional support and guidance of students, on issues related to the course(s) he/she teaches.

2) Curriculum Coordinator & Responsible Teacher-in-Charge appointed per year of study: they monitor throughout the semester the performance of the students and help, where necessary, by personal communication, feedback and consultation with the members of the academic staff.

The students are evaluated based on:

a) the mid-term assessment (40% of the final grade) which may include a mid-term exam, written work, work presentation, laboratory exercises.

b) the final exam (60% of the final grade). The final written exams are held at the end of each semester, during the period determined by the Institution.

Following the suggestion of the EEC, a second examiner for double marking was appointed for the final examination of the specialization courses.

We are at your disposal for any further clarifications.

Thanking you in advance.

Kind regards

Rea Aristidou
General Manager