

	Implementation schedule	Physically/ Remotely	Contact hours	Autonomous work for students (max hours)	Learning outcomes
Activity 1	From Meal to Metabolism Exploring resting metabolic rate measurement, nutrient oxidation, and indirect calorimetry applications.	Remotely	3	10	As described in general section
Activity 2	Data to Decision: Translating Body Composition Metrics into Clinical Practice Interactive online workshop where participants interpret real BIA and DXA datasets, linking results to nutritional interventions	Remotely	5	10	As described in general section
Activity 3	Inside the Machine: Virtual Demonstration of Modern Body Composition Tools Live-streamed lab session showcasing 3D scanning, indirect calorimetry, and segmental BIA, with remote Q&A and sensor data visualization.	Hybrid	5	4	As described in general section

Activity 4	In-Person Phase Angle Masterclass Hands-on analysis session focused on phase angle interpretation, muscle quality indices, and predictive clinical outcomes.	Physically	2	10	As described in general section
Activity 5	Beyond BMI: Redefining Nutritional Status in the Digital Era A participatory seminar combining live demonstrations and breakout discussions to challenge traditional anthropometric approaches. Participants explore real-world data on fat-free mass, hydration, and metabolic health using digital analysis platforms. Objective: To understand the limitations of BMI and propose integrative models that reflect metabolic and functional health.	Physically	5	10	As described in general section
Activity 6	The Human Body as Data: Sensor-Based Nutrition Monitoring Hands-on session using wearable and non-invasive devices (smart bands, RMR analyzers, impedance tools). Participants collect and analyze their own metrics to understand real-time body composition dynamics. Objective: To connect physiological monitoring with practical nutritional	Physically	5	10	As described in general section

	assessment and individualized recommendations.				
Activity 7	Integrating Nutrition and Technology Roundtable discussion on open-access data, interoperability, and ethics in digital nutritional monitoring across EU projects.	Remotely	2	10	Data analysis
Activity 8	Designing the Future of Body Composition Education Co-creation workshop developing educational infographics and simulation tools for student and clinical training.	Remotely	3	10	Enhance proficiency in written and oral communication within a particular field, utilizing specialized terminology
Total Hours			30	74	