



### Academic Personnel Short Profile / Short CV

<b>Institution:</b>	Intercollege
<b>Surname:</b>	Lappa
<b>Name:</b>	Fotini
<b>Rank/Position:</b>	Adjunct Faculty
<b>Program of Study:</b>	Teaching in related Scientific Domains
<b>Scientific Domain: *</b>	Nutrition-Dietetics

Academic qualifications (list by highest qualification)				
Qualification	Year	Awarding Institution	Department	Thesis title
MSc in Human Nutrition with specialisation in Sports Nutrition	2001-2002	University of Glasgow		Dietary profiles and some performance characteristics of volleyball players from the Scottish National Team
BSc (Honours) in Nutrition	1997-2001	University of Surrey		“Discuss PPAR $\alpha$ , a nuclear transcription factor implicated in the lipid-lowering effects of PUFA (polyunsaturated fatty acids) and fibrates”
BSc (Honours) in Nutrition <i>Professional Training Year</i>	08/1999- 08/2000	University of Surrey in corporation with “Hellenic Erythros Stavros” Hospital, Athens		<b>PROJECTS</b> 1. Care of the elderly 2. Anorexia Nervosa (write up) 3. Obesity 4. Fishes rich in omega 3( $\omega$ -3) polyunsaturated oils 5. COAD (case study) Catering project

### Employment history in Academic Institutions/Research Centers – List by the three (3) most recent

Period of employment		Employer	Location	Position
From	To			
January 2012	present	University of Nicosia	Nicosia, Cyprus	Instructor in Nutrition/Food Science
January 2010	present	Intercollege	Nicosia, Cyprus	Adjunct Faculty in Nutrition/Food Science
January 2007	present		Nicosia, Cyprus	Clinical Dietician – Sports Nutritionist in private dietetic office

### Exhibitions (where applicable). List the five (5) more recent and other five (5) selected. (max total 10)

Ref. Number	Date	Topic	International / Local	Location*	Role in Exhibition
1.	1/12/2021	"Nuts and Nutri-Score: could they get along better?"	International	Webinar	Participant
2.	19-21/11/2021	"Let's talk Dietetics: Collaboration to evolve practice, Improve Nutrition care"	International	Nicosia, Cyprus	Participant
3.	14/5/2020	"Tourism in crisis/Opportunities for recovery"	International	Webinar	Participant
4.	12/3/2020	"Nutrition to strengthen the immune system"	Local	RIK broadcasting "EY ZHN" TV show	Speaker
5.	14&21/02/20	"Healthy and fasting meals workshop"	Local	University of Nicosia	Trainer
6.	15/1/20	"Nutrition in Winter"	Local	RIK broadcasting "EY ZHN" TV show	Speaker
7.	19/03/2019	"Food Allergens"	Local	Apollonia Hotel, Limassol	Trainer
8.	8/12/2018	"Current trends in culinary arts"	Local	Hilton Park, Nicosia	Speaker 'Acrylamide in foods'



9.	9/03/2018	"Healthy cuisine for different disease states"	Local	Alion Beach Hotel, Ayia Napa	Trainer
10.	16/06/2016	"Food safety workshop"	Local	University of Nicosia	Participant

**Other Achievements. List the five (5) more recent and other five (5) selected.  
(max total 10) (Optional Entry)**

Ref. Number	Date	Title	Key Activities:
1	2014-	Certified Trainer by ANAD	Trainer in seminars for Nutrition in different disease states, food labelling and in general different topics in nutrition area