



Information about the subject

Degree: Bachelor of Science Degree in Nursing

Faculty: Faculty of Medicine and Health Sciences

Code: 1210204 **Name:** Nutrition and Dietetics

Credits: 6,00 **ECTS Year:** 2 **Semester:** 1

Module: Common basic training

Subject Matter: Nutrition **Type:** Compulsory

Field of knowledge: Health sciences

Department: Nutrition

Type of learning: Classroom-based learning

Languages in which it is taught: English, Spanish

Lecturer/-s:

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Universidad
Católica de
Valencia
San Vicente Mártir

Course guide

Year 2024/2025
1210204 - Nutrition and Dietetics

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Module organization

Common basic training

Subject Matter	ECTS	Subject	ECTS	Year/semester
Anatomy	6,00	Human and Functional Anatomy	6,00	1/1
Physiology	12,00	Human Physiology	6,00	1/2
		Physiopathology	6,00	2/1
Biochemistry	6,00	Clinical Biochemistry	6,00	1/1
Biostatistic	6,00	Biostatistics and Research Methodology	6,00	1/2
Psychology	6,00	Psychology of Care	6,00	1/1
Pharmacology	6,00	Pharmacology	6,00	2/1
Nutrition	6,00	Nutrition and Dietetics	6,00	2/1
ICT	4,50	ICT	4,50	This elective is not offered in the academic year 24/25
English	6,00	English	6,00	1/2
Life support	6,00	Emergency Care and Life Support	6,00	4/1

Recommended knowledge

It is recommended to have completed and passed the learning outcomes foreseen in the subjects of Clinical Biochemistry, Human Physiology and Nursing Methodology of the first course.



Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 To promote healthy lifestyles and eating patterns, as well as self-care, supporting the maintenance of preventive and therapeutic behaviours.
- R2 To determine the nutritional needs of healthy individuals and those with health problems throughout the life cycle, applying the nursing care plan.
- R3 To promote and reinforce guidelines for healthy eating behaviour based on scientific evidence.
- R4 To identify nutrients and the foods in which they are found.
- R5 To describe the most prevalent nutritional problems and develop appropriate dietary recommendations.
- R6 To perform nursing techniques and care in nutritional support.



Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

BASIC		Weighting			
		1	2	3	4
CB1	Students have demonstrated possession and understanding of knowledge in an area of study that is at the core of general secondary education, and is often at a level that, while supported by advanced textbooks, also includes some aspects that involve knowledge from the cutting edge of their field of study.		X		
CB2	Students are able to apply their knowledge to their work or vocation in a professional way and possess the skills usually demonstrated by developing and defending arguments and solving problems within their area of study.			X	
CB3	Students have the ability to gather and interpret relevant data (usually within their area of study) to make judgments that include reflection on relevant social, scientific or ethical issues.		X		
CB4	That students can convey information, ideas, problems and solutions to both specialized and non-specialized audiences.			X	
CB5	Students have developed those learning skills necessary to undertake further study with a high degree of autonomy.			X	
GENERAL		Weighting			
		1	2	3	4
6	To base interventions in nursing on scientific evidence and on the available means.				X
9	To promote healthy life spans, to promote taking care of each person by themselves and support the maintenance of preventive and therapeutic measures.				X



SPECIFIC	Weighting			
	1	2	3	4
6b				X
7b				X
8b				X
17c				X



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R2, R3, R4, R5	60,00%	Theoretical written exams
R1, R2, R3, R5, R6	40,00%	Practical tests and works
	0,00%	Attendance and active participation

Observations

EVALUATION CRITERIA

In order to pass the course it will be mandatory to have passed at least 50% of each evaluation instrument and to have completed the workshops foreseen in the course.

-The THEORETICAL WRITTEN TEST will account for up to 60% of the final grade. -It is essential to pass the theoretical written test (minimum 3 points) to make average with the practical work.

-The PRACTICAL TESTS AND WORK will account for up to 40% of the final grade:

-AUTONOMOUS WORK ACTIVITIES will be of a practical nature and different in each subject, and the presentation of all the work will account for up to 15% of the final grade.

-COOPERATIVE LEARNING ACTIVITIES will deal with the contents of the subject and will represent up to 15% of the final grade.

-PRACTICAL WORKSHOPS (10%): Attendance to the practical workshops will be compulsory in order to be able to average the written test and the autonomous work.

-1080] Nasogastric Catheterization, [1056] Enteral Tube Administration and [1200] Total Parenteral Nutrition Administration.

-1160] Nutritional Monitoring

-Attendance, interventions in debates, practical sessions... will be taken into account in the grade of all the activities carried out in class.

The correctness of the use of language will be valued. Spelling mistakes, grammatical inconsistencies and sms language will be penalized with a decrease of 0.1 point per fault committed -The grade of the work will be kept for the second call, not for 2nd and successive enrollments DEVELOPMENT of the subject in second and successive enrollments: There will be a specific group for students who are not of first enrollment and a teacher in charge of this group. The teacher in charge of this group will carry out monitoring and tutoring sessions. Each session will reinforce the work on the competencies that each student needs in order to pass the second and successive enrollments.

SECOND AND SUBSEQUENT ENROLLMENT (GROUP S)



There will be a specific group for students who are not first-time students and a teacher in charge of this group. The teacher in charge of this group will carry out monitoring and tutoring sessions. In each session the work of the competences that each student needs to pass the course will be reinforced. The evaluation of contents will be carried out by means of the qualification of 40% based on practical tests and works proposed in the virtual campus of the UCV and by a theoretical written test, valued at 60% and fixed in the official calendar for this subject. In order to pass the course it will be mandatory to have passed 50% of each evaluation instrument.

CRITERIA FOR THE AWARDING OF HONORS

In accordance with the regulations governing the assessment and grading of subjects in force at UCV, the distinction of "Matrícula de Honor" (Honours with Distinction) may be awarded to students who have achieved a grade of 9.0 or higher. The number of "Matrículas de Honor" (Honours with Distinction) may not exceed five percent of the students enrolled in the group for the corresponding academic year, unless the number of enrolled students is fewer than 20, in which case a single "Matrícula de Honor" (Honours with Distinction) may be awarded. Exceptionally, these distinctions may be assigned globally across different groups of the same subject. Nevertheless, the total number of distinctions awarded will be the same as if they were assigned by group, but they may be distributed among all students based on a common criterion, regardless of the group to which they belong. The criteria for awarding "Matrícula de Honor" (Honours with Distinction) will be determined according to the guidelines stipulated by the professor responsible for the course, as detailed in the "Observations" section of the evaluation system in the course guide.

MENTION OF DISTINCTION:

In accordance with the regulations governing the assessment and grading of subjects in force at UCV, the distinction of "Matrícula de Honor" (Honours with Distinction) may be awarded to students who have achieved a grade of 9.0 or higher. The number of "Matrículas de Honor" (Honours with Distinction) may not exceed five percent of the students enrolled in the group for the corresponding academic year, unless the number of enrolled students is fewer than 20, in which case a single "Matrícula de Honor" (Honours with Distinction) may be awarded. Exceptionally, these distinctions may be assigned globally across different groups of the same subject. Nevertheless, the total number of distinctions awarded will be the same as if they were assigned by group, but they may be distributed among all students based on a common criterion, regardless of the group to which they belong. The criteria for awarding "Matrícula de Honor" (Honours with Distinction) will be determined according to the guidelines stipulated by the professor responsible for the course, as detailed in the "Observations" section of the evaluation system in the course guide.

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- M1 Exposition of contents by the teacher, analysis of competencies, explanation and demonstration of abilities, skills and knowledge in the classroom.



- M2 Group work sessions supervised by the teacher. Case study, diagnostic analysis, problems, field study, computer room, visits, data search, libraries, network, Internet, etc. Significant construction of knowledge through student interaction and activity.
- M5 Activities developed in spaces and with specialized equipment.
- M6 Personalized attention and in small groups. Period of instruction and/or orientation carried out by a tutor with the objective of reviewing and discussing the materials and topics presented in the classes, seminars, readings, completion of assignments, etc.
- M7 Set of oral and/or written tests used in the initial, formative or summative evaluation of the student.
- M8 Student study: Individual preparation of readings, essays, problem solving, seminars, papers, memoirs, etc. To expose or deliver in the theoretical classes, practical classes and/or small group tutorials. Work done on the university platform (www.plataforma.ucv.es).
- M9 Group preparation of readings, essays, problem solving, papers, memoirs, etc. To present or deliver in the theoretical classes, practical classes, seminars and/or small group tutorials. Work done on the university platform (www.plataforma.ucv.es).



IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
In-campus interactive lecture M1	R1, R2, R3, R4, R5	34,00	1,36
Practice Classes M2	R2, R5	10,00	0,40
Laboratory M5	R6	6,00	0,24
Tutorial M6	R2, R3	5,00	0,20
Evaluation M7	R1, R2, R3, R4, R5, R6	5,00	0,20
TOTAL		60,00	2,40

LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
Student's self-employment M8	R1, R2, R5	60,00	2,40
Group work M9	R3, R5	30,00	1,20
TOTAL		90,00	3,60



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
NUTRITION	THEME 1 Food, Nutrition and Health THEME 2: Eating behaviour THEME 3: Nutrients. Macro and micronutrients. THEME 4: Food recommendations: NIC: [1100] Nutrition managemnet/ [5246] Nutrition counseling
BROMATOLOGY	THEME 5: Foods THEME 6: Food groups
NURSING IN NUTRITION AND DIETETICS	THEME 7 Assessment of the nutritional status. Health information systems THEME 8: Diet in healthy adulthood. Mediterranean diet THEME 9: Diet in childhood and adolescence THEME 10: Diet in the Elderly THEME 11: Diet in pregnancy and while breastfeeding
DIETOTHERAPY	THEME 12: Malnourishment THEME 13: Nutritional support THEME 14: Therapeutic diets: NIC: [1120] Nutritional therapy
FOOD HIGYENE	THEME 15: Food hygiene. Food poisoning. NIC: [6540] Infection control/[6550] Food Infection Protection



Temporary organization of learning:

Block of content	Number of sessions	Hours
NUTRITION	5,00	10,00
BROMATOLOGY	5,00	10,00
NURSING IN NUTRITION AND DIETETICS	8,00	16,00
DIETOTHERAPY	10,00	20,00
FOOD HIGYENE	2,00	4,00



References

BASIC BIBLIOGRAFY

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2. SALAS-SALVADO, J (2017). Nutrición y Dietética clínica. 4^o Edición. Elsevier- Masson. Barcelona
3. KONRAD, H., GRIMM, P., NOWITZKI-GRIMM, S. (2021). Texto y atlas de nutrición. 8^a Ed. ISBN: 9788491130550 curr. Disponible en <https://www.clinicalkey.com/student/nursing/content/toc/3-s2.0-C20200017524>
4. KATHELEEN, H., RAYMOND, J. L. (2017). Krause. Dietoterapia. 14^a ED. ISBN: 9788491130840curr
5. MARTÍN-SALINAS, C. Y COLS. (2017) Nutrición y Dietética. DAE (Enfermería siglo 21) Tercera edición. Madrid.
6. ROYO BORDONADA, M.A. (2017) Nutrición en Salud Pública. Manual Docente de la Escuela nacional de Sanidad ISCIII (<http://gesdoc.isciii.es/gesdoccontroller?action=download&id=11/01/2018-5fc6605fd4>)
7. MATAIX VERDÚ, J.. (2014). Nutrición para educadores. 2^a Edición . Díaz de Santos. Segunda edición. Madrid
8. ERDAM, J. W., MACDONAL, I. A., ZEISEL, S. H. (2020) Nutrición y Dieta en la prevención de enfermedades. 10^a Edición. McGraw-Hill Interamericana. España

RECOMMENDED WEBS

1. SOCIEDAD ESPAÑOLA DE NUTRICIÓN COMUNITARIA (<http://www.nutricioncomunitaria.org/es/>)
2. Base Española de Datos de Composición de alimentos (BEDCA) (<https://www.bedca.net/bdpub/index.php>)
3. Agencia Española de Consumo, Seguridad alimentaria y Nutrición (http://www.aecosan.msssi.gob.es/AECOSAN/web/home/aecosan_inicio.htm)
4. Ministerio de Sanidad y Consumo: <https://www.mscbs.gob.es/ciudadanos/proteccionSalud/home.htm>
5. Fundación Española de la Nutrición <https://www.fen.org.es/>