



Information about the subject

Degree: Bachelor of Science Degree in Human Nutrition and Dietetics

Faculty: Faculty of Medicine and Health Sciences

Code: 1310202 **Name:** Dietetics

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

Module: Nutritional, Dietetic and Health Sciences Module

Subject Matter: Dietetics **Type:** Compulsory

Field of knowledge: Health Sciences

Department: Nutrition

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

1312A Eraci Drehmer Rieger (**Responsible Lecturer**)

eraci.drehmer@ucv.es

283ND Sandra Carrera Julia (**Responsible Lecturer**)

sandra.carrera@ucv.es



Module organization

Nutritional, Dietetic and Health Sciences Module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Ethics and professional deontology	6,00	Social Morality. Deontological ethics	6,00	4/1
Dietetics	6,00	Dietetics	6,00	2/2
Fundamentals of Nutrition	18,00	Human Nutrition	6,00	2/1
		Nutrition in the Different Life Stages	6,00	3/1
		Parenteral and Hospital Nutrition	6,00	3/2
Pathology and Therapy	24,00	Dietotherapy	6,00	4/1
		Nutritional Pathology	6,00	3/2
		Pharmacology Applied to Nutrition	6,00	3/1
		Physiopathology	6,00	2/2
Documentation	6,00	Documentation and Research Techniques	6,00	4/1

Recommended knowledge

Not established.



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 Understands and assimilates the concepts included in the content of the course.
- R2 Demonstrates ability to solve problems related to these contents using different resources.
- R3 Shows ability to work in a laboratory performing correctly the basic operations and observing the corresponding security rules. As well as a correct understanding of the planning, development and purpose of the experience.
- R4 Understands and adequate uses language, as well as correct writing and presentation of data.
- R5 Collaborates with the teacher and colleagues throughout the learning process: Attendance to theoretical, practical or tutoring sessions; teamwork; respect in the treatment; compliance with the rules of organization of the subject for the benefit of all.



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
CB2 Students know how to apply their knowledge to their work or vocation in a professional way and possess the skills that are usually demonstrated through the elaboration and defense of arguments and the resolution of problems within their area of study.				X

GENERAL	Weighting			
	1	2	3	4
CG10 Elaborate, interpret and manage the tables and databases of food composition.				X
CG15 Students design and carry out protocols for the evaluation of nutritional status, identifying nutritional risk factors.				X
CG16 Students interpret the nutritional diagnosis, evaluate the nutritional aspects of a clinical history and carry out the dietary action plan.				X
CG26 Students elaborate, control and cooperate in the planning of menus and diets adapted to the characteristics of the collective to which they are destined.				X

SPECIFIC	Weighting			
	1	2	3	4
CE14 Students interpret and manage the databases and tables of food composition.				X
CE25 Students apply Food and Nutrition Sciences to dietary practice.				X
CE27 Students evaluate and calculate the nutritional requirements in health and disease situations at any stage of the life cycle.			X	



CE28	Identify the basis of a healthy diet (sufficient, balanced, varied and adapted).				X
CE29	To participate in the design of total diet studies.				X
CE31	Students plan, carry out and interpret the evaluation of the nutritional status of subjects and/or groups, both healthy (in all physiological situations) and sick.				X
CE33	To identify the dietary and nutritional problems of the patient, as well as the risk factors and inadequate practices.				X



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R5	5,00%	Evaluation of the use of the practical classes in the classroom, of problems or computers, seminars and tutorials. Through attendance, and participation in the different activities proposed.
R1, R4	60,00%	Written evaluation of the knowledge and skills obtained. The test may consist of a series of open-ended or multiple-choice questions on the theoretical content of the subject and/or practical exercises (problem solving).
R2, R5	15,00%	Assessment of practical laboratory work, or laboratory culinary techniques workshop, through which the competencies acquired must be demonstrated and that they are capable of being used to solve the different situations and problems that arise in a laboratory; this assessment may be carried out by one of the following methods, or a combination of several of them: an individual written test, the individual or group performance of a laboratory experience, the submission of an individual or group report on the work carried out in the laboratory
R2, R3	20,00%	Evaluation of individual or group practices or activities, in which information related to each of the subjects must be sought and structured, and cases or problems resolved. This is done through a system of continuous evaluation throughout the course, which involves the delivery and / or exposure of work, whose objectives and content will be proposed by the teacher.

Observations

EVALUATION SYSTEM

To pass the course, students must obtain a minimum mark of 5 in the written/oral and/or practical



tests of the knowledge and skills acquired, in order to be able to average with the rest of the evaluation systems. The test consists of a multiple-choice test: it will contain multiple-choice questions with 4 to 6 options and another part of short essay questions. With practical case studies (use of a calculator). In addition, during the course, activities such as solving case studies, making concept maps, designing diets, etc. will be continuously assessed. The delivery of all activities is compulsory to pass the course. Attendance to the laboratory practice is mandatory.

HONOURS WITH 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.

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 capacities, skills and knowledge in the classroom. The blackboard, the computer and the cannon will be used to display texts, graphics, etc.
- M2 Resolution of practical exercises and case studies, analysis of evaluation procedures and procedural intervention. All this with the support of the teacher. This aspect can be controlled through attendance and active participation in the practical sessions.
- M3 Resolution of practical exercises and case studies, analysis of evaluation procedures and procedural intervention. All this with the support of the teacher. This aspect can be controlled through attendance and active participation in the practical sessions.
- M4 Monographic sessions throughout the course, oriented towards current aspects and applications of the subject.
- M5 Student study: individual preparation of readings, essays, problem solving, seminars, papers, reports, etc. for discussion or delivery in electronic format.
- M6 Application and sharing of multidisciplinary knowledge This is the resolution of a problem that in its subsequent professional practice would require the application of skills acquired through the development of the modules and that would produce synergies in the assimilation of transversal and specific skills. Group work competences will be specifically evaluated.
- M7 Personalised attention and in small groups. Period of instruction and/or orientation carried out by a tutor with the aim of reviewing and discussing the materials and topics presented in the classes, seminars, readings, completion of assignments, etc. The attendance of the student and his/her level of gradual development in the knowledge of the subjects will be evaluated.
- M8 A set of tests, written or oral, used in the evaluation of the student.
- M9 Group preparation of readings, essays, problem solving, seminars, papers, reports, etc... for discussion or delivery.



IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
Theoretical lessons M1	R1, R2, R4, R5	32,00	1,28
Practice lessons M2	R3, R4, R5	10,00	0,40
Laboratory M3	R3, R4, R5	6,00	0,24
Group work presentation M6	R1, R2, R4, R5	6,00	0,24
Seminar M4	R1, R2, R4, R5	2,00	0,08
Office Hours M7	R1, R5	2,00	0,08
Evaluation M8	R1, R2, R4	2,00	0,08
TOTAL		60,00	2,40

LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
Autonomous work M5	R1, R2, R3, R4, R5	80,00	3,20
Group work M9	R3, R5	10,00	0,40
TOTAL		90,00	3,60



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block

Contents

BLOCK 1 :DIET AND HEALTH

Theme 1: Nutritional Basis and Health

- Basic concepts: nutrition, food, food, nutrients, dietetics, diet therapy.
- Evolution of food throughout history.
- Function of nutrients
- Transgenic foods
- Probiotics and prebiotics
- Nutrigenetics and nutrigenomics

Theme 2: Functions and Metabolism of Nutrients

- Concept of metabolism
- Nutrients as metabolic fuels
- Nutrients as structural components
- Essential, non-essential and semi-essential nutrients
- Specific functions of nutrients
- Specific functions of nutrients
- Nutrient balance and equilibrium

Theme 3: Balanced Diet- Energy needs of the individual-Calculation of the Basal Metabolism and Total Energy Expenditure (TEE)-Calculation of Balanced Diet (nutritional targets)-Calorie distribution in the daily intakes

Theme 4: Nutrition at Different Stages of Life

(introduction)-Nutrition in Childhood and Adolescence-Nutrition in Pregnancy and Lactation-Feeding in later life

Topic 5: Food Composition Tables (FCFs)

-Applications of Food Composition Tables

(FCT)Applications of Food Composition Tables -Food composition tables-Elaboration of FCF-Codification-Basic Nomenclatures-Spanish ECT



BLOCK 2: DIETARY GUIDELINES and NUTRITIONAL ASSESSMENT

Theme 6: Dietary guidelines and their nutritional targets

- Characteristics of the main dietary guides: Mediterranean diet and vegetarianism.
- Advantages and disadvantages of eating foods of plant origin ("*plant based diet*")
- Characteristics of other dietary guidelines: processed vs. natural ("*real food*") foods, ketogenic diet, macrobiotic diet, dissociated diet, alkaline diet, antioxidant diet, paleolytic diet.
- Child obesity: concept, epidemiology, etiology and treatment

Theme 7: Nutritional Assessment Systems and Individualised Diet Development

- Dietary method as part of the nutritional assessment and body composition (history taking)
Medical history (history related to nutritional health) e.g. alterations of the intestinal ecosystem -Microbiota
- Biochemical tests
- Intake analysis with dietary survey (24-hour record) -Intake analysis with dietary survey (24-hour record)
- Steps to design a balanced diet

Theme 8: Dietary Guidelines in Nutrition and Hydration Periodisation

- Structured and planned nutritional strategies
- Daily organisation of foods to be included by mealtime in quantity and quality
- Identify different adaptations to support correct calorie and hydration distribution in the long term.

Theme 9: Methods of Assessment of Nutritional Status

- Identify different methods for the estimation of body composition in clinical nutrition.
- Importance of the assessment of nutritional and health status
- Areas of nutritional status assessment
- Body composition analysis
- Resources for data collection

BLOCK 3:FOOD AND NUTRITION EDUCATION

Theme 10: Health Education and Nutritional Education

- Principles of Nutrition Education-Nutrition Education Programmes- Nutrition Education in different groups-Use of Educational Resources



PRACTICAL SESSION ON
NUTRITIONAL ASSESSMENT

**PRACTICAL SESSION ON NUTRITIONAL
ASSESSMENT**

PRACTICAL SESSION
TASKS/ACTIVITIES

PRACTICAL SESSION TASKS/ACTIVITIES

PRACTICAL SESSION: REVIEW
CONCEPTS FOR EXAM

**PRACTICAL SESSION: REVIEW CONCEPTS FOR
EXAM**

Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK 1 :DIET AND HEALTH	8,00	16,00
BLOCK 2: DIETARY GUIDELINES and NUTRITIONAL ASSESSMENT	12,00	24,00
BLOCK 3:FOOD AND NUTRITION EDUCATION	3,00	6,00
PRACTICAL SESSION ON NUTRITIONAL ASSESSMENT	3,00	6,00
PRACTICAL SESSION TASKS/ACTIVITIES	3,00	6,00
PRACTICAL SESSION: REVIEW CONCEPTS FOR EXAM	1,00	2,00



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