

COURSE DESCRIPTION

COURSE DETAILS

Title (of the course): **NUTRICIÓN Y DIETÉTICA**

Code: 100006

Degree/Master: **GRADUADO EN ENFERMERÍA**

Year: 1

Name of the module to which it belongs: FORMACIÓN BÁSICA COMÚN

Field: FARMACOLOGÍA, NUTRICIÓN Y DIETÉTICA

Character: BÁSICA

Duration: SECOND TERM

ECTS Credits: 6.0

Classroom hours: 49

Face-to-face classroom percentage: 32.67%

Study hours: 101

Online platform:

LECTURER INFORMATION

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PREREQUISITES AND RECOMMENDATIONS

Prerequisites established in the study plan

There are no prerequisites other than those established in the degree's curriculum.

Recommendations

Knowledge in Biochemistry and Physiology are welcome

Anyway, scientific attitudes, critical thinking and reflective learning, will help achieving desired competencies

INTENDED LEARNING OUTCOMES

- | | |
|-----|--|
| CB1 | To possess and understand knowledge in an area of study that is based on general secondary education, and that is usually found at a level that, although supported by advanced textbooks, also includes some aspects that imply knowledge coming from the vanguard of the field of study. |
| CB2 | To know how to apply knowledge to work or vacation in a professional way. To have the skills that are usually demonstrated through the elaboration and defence of arguments and the resolution of problems within their area of study. |
| CB3 | To be able to collect and interpret relevant data (normally within the student's area of study) to make judgements that include a reflection on relevant issues of a social, scientific or ethical nature. |
| CB4 | To be able to transmit information, ideas, problems and solutions to either a specialised audience or an unspecialised one. |
| CB5 | To develop the the skills necessary to undertake further studies with a high degree of autonomy. |
| CU2 | To know and improve the user's level in the field of ICT. |



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COURSE DESCRIPTION

CET5	To design care systems aimed at individuals, families or groups, evaluating their impact and establishing appropriate modifications.
CET6	To base nursing interventions on scientific evidence and on available resources.
CET9	To promote healthy lifestyles, self-care, while sustaining preventive and therapeutic behaviors.
CET14	To establish evaluation mechanisms taking into consideration scientific-technical aspects as well as those of quality.
CEM5	To know and assess the nutritional needs of healthy people, as well as people who suffer from health problems throughout their life cycle, in order to promote and reinforce patterns of healthy eating behaviour. To identify the nutrients and foods in which they are found. To identify the most prevalent nutritional problems and to select the appropriate dietary recommendations.

OBJECTIVES

GENERAL

- a) Learning basic principles of nutrition and human nutrition, the assessment of nutritional status and diets designing.
- b) Understanding the relevance of human nutrition for ensuring and recovering health.

SPECIFIC

- a) Identify the nutritional value of foods, elaboration process, conservation and assimilation, as well as the possible effects on human health.
- b) Design diet adapted to characteristics and physiological situation of each individual.
- c) Provide adequate nutritional guidelines (dietary advice) to prevent the occurrence of food-related illnesses
- d) Recognize and identify the main conditions related to nutrition
- e) Apply the basic principles of human nutrition in the treatment of different chronic diseases.

CONTENT

1. Theory contents

BLOCK I: BASIC PRINCIPLES IN NUTRITION

Lesson 1: Food, nutrition, bromatology and dietetics, food and nutrient. Energy metabolism and body expenditure. Energy needs

Lesson 2: Water. Structure and properties. Functions. Daily water needs. Recommendations on water consumption. Water and public health

Lesson 3: Carbohydrates. Definition. Classification. Functions Digestion, absorption and metabolism. Needs and Food sources

Lesson 4: Proteins. Structure. Classification. Functions Digestion, absorption, metabolism and elimination. Protein requirements. Food sources

Lesson 5: Lipids. Definition. Properties. Classification. Absorption, transport and metabolism. Sources of lipids. Recommendations

Lesson 6: Fiber. Definition. Classification. Properties Consumption recommendations. Physiological effects in bowel. Contraindications. Interactions with drugs. Fiber and enteral nutrition

Lesson 7: Vitamins. Definition. Classification. Storage and disposal. Metabolism and distribution. Physiology. Recommended intakes. Vitamin deficiencies. Food sources

Lesson 8: Minerals. Classification. Functions. Absorption and metabolism. Food sources. Influences of technological processes on availability and content

Lesson 9: Alcohol and alcoholic beverages. Absorption and metabolism. Physiology and nutritional pathologies related to alcohol



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Lesson 10: Composition and nutritional value of food. Classification. The wheel of foods. The pyramid of healthy eating. Recommendations for a healthy diet

Topic 11: Functional foods. Definition. Legal regulations

BLOCK II: HYGIENE AND FOOD SECURITY. CONTROL OF FOOD QUALITY

Lesson 12: Food hygiene and public health. Introduction and general concepts. Manipulation and regulation. Contamination of food

Lesson 13: Food labeling. Forbidden and allowed additives

BLOCK III: NUTRITION AS A SOURCE OF HEALTH. BALANCED AND ADAPTED DIET TO DIFFERENT NEEDS ACCORDING TO THE VITAL STAGE OR CONDITION

Lesson 14: Balanced diet. Healthy adult diet. Mediterranean diet. New trends in nutrition

Lesson 15: Feeding during pregnancy, lactation and menopause

Lesson 16: Feeding in healthy child and adolescents

Lesson 17: Food in elderly

Lesson 18: Food and physical activity

BLOCK IV: DIET THERAPY

Lesson 19: General concepts of Diet therapy. Qualitative and quantitative diets. Progressive diets

Lesson 20: Alterations of energy. Diet in the prevention and treatment of obesity and eating disorders. Diet in malnutrition

Lesson 21: Modification in carbohydrates. International recommendations for dietary treatment of Diabetes Mellitus

Lesson 22: Modification in lipids. Prevention and treatment of cardiovascular diseases through healthy diet

Lesson 23: Modification in proteins. Nutritional support in renal failure. Nutritional support in liver failure

Lesson 24: Modification in minerals. Diets controlled in sodium and potassium. DASH diet. Diets controlled in calcium and phosphorus.

Lesson 25: Food allergies and food intolerance

Lesson 26: Enteral and Parenteral Nutrition

2. Practical contents

1. Assessment of nutritional status and dietary surveys
2. Nutritional analysis of the diet (Management of tables of composition of food and of rations and homemade measurements)
3. Breastfeeding
4. Critical trends in nutrition
5. Food labeling
6. Diets Miracle.

COURSE DESCRIPTION

METHODOLOGY

General clarifications on the methodology (optional)

The theoretical-practical program will be taught from February to May, using the following teaching techniques: Lessons of the main topics included in the program, with comments, clarifications and final discussion.

Directed academic activities, which will be conducted focused on delving into those topics of special interest for student training.

Students will collect the information and analyze, in groups, different aspects of nutrition related to the contents in the course and will proceed to share the results and discuss them.

Personal work, information gathering, analysis of the same, exposure of results.

Seminars in which aspects related to the nutritional assessment, dietary habits, exploring myths in nutrition and nutritional education of the community will be developed.

Methodological adaptations for part-time students and students with disabilities and special educational needs

For evaluation of part-time students and/or with special educational needs, same criteria as full-time students will be applied, but not considering attendance at the workshops. The characteristics of the portfolio to be presented will be defined individually after tutoring.

Face-to-face activities

Activity	Large group	Medium group	Total
<i>Assessment activities</i>	3	-	3
<i>Debates</i>	1	-	1
<i>Lectures</i>	31	-	31
<i>Workshop</i>	-	14	14
Total hours:	35	14	49

Off-site activities

Activity	Total
<i>Activities</i>	6
<i>Exercises</i>	15
<i>Group work</i>	30
<i>Information search</i>	5
<i>Reference search</i>	5
<i>Self-study</i>	40
Total hours	101

COURSE DESCRIPTION**WORK MATERIALS FOR STUDENTS**

Case studies

Exercises and activities

EVALUATION

Intended learnig	Exams	Oral Presentation	Portfolios
CB1	X	X	X
CB2	X	X	X
CB3		X	X
CB4		X	X
CB5	X		
CEM5	X	X	X
CET14	X		
CET5	X		
CET6	X		
CET9	X	X	X
CU2		X	X
Total (100%)	70%	10%	20%
Minimum grade	4.5	4.5	4.5

(*)Minimum grade necessary to pass the course

COURSE DESCRIPTION

Method of assessment of attendance:

Attendance is compulsory for workshops and will be controlled by class lists. If student does not show up to more than one, he or she will be failed in first call and doing a specific portfolio about lost classes will be assigned to deliver in second call

General clarifications on instruments for evaluation:

Marks in workshops portfolio will be kept until the second ordinary call.

Exams in all calls will be test type. The calculation of the test mark will be made using the formula: "Right answers - (Mistakes / n-1)", where "n" represents the number of response options.

It is necessary to reach a score of 4.5 in the test type test and in portfolio to calculate the weighted final mark.

Clarifications on the methodology for part-time students and students with disabilities and special educational needs:

Attendance is compulsory for workshops and will be controlled by class lists. If student don't show up to more than one, he or she will be failed in first call and doing a specific portfolio about lost classes will be assigned to deliver in second call.

Qualifying criteria for obtaining honors:

Pass with Honors will be assigned among the students who, fulfilling all the requirements specified in article 30.3 of the Regulation of Academic Regime of the UCO, have obtained the highest numerical mark.

BIBLIOGRAPHY

1. Basic Bibliography

Vázquez García M. Fitness revolucionario. Lecciones ancestrales para una salud salvaje. Segunda Edición. Oberón, 2019

Gil Hernández, A. et al. Tratado de nutrición. Tercera Edición. Panamericana, 2017.

Salas-Salvadó, J. Nutrición y dietética clínica. Tercera Edición. Elsevier Masson, 2014.

Rodota L., Castro MA. Nutrición Clínica y Dietoterapia. Panamericana, 2012.

De Luis Román, D. et al. Dietoterapia, nutrición clínica y metabolismo. Díaz de Santos, 2010

Vidal García, E. Manual práctico de nutrición y dietoterapia. Monsa-Prayma, 2009.

Mataix Verdú J. Nutrición y alimentación humana. 2ª Edición. Ergon. Madrid, 2009.

Cervera, et al. Alimentación y Dietoterapia. 4ª Edición. McGraw-Hill Interamericana, 2004.

Martín Salinas, C. et al. Nutrición y Dietética. DAE (Grupo Paradigma), 2000

Alimentación y nutrición. Manual teórico práctico. Díaz de Santos, 2005.

Bellido Guerrero, D. et al. Manual de nutrición y metabolismo. Díaz de Santos, 2006.

Brown, J. Nutrición en las diferentes etapas de la vida. 2ª Edición. Mc Graw-Hill, 2006

2. Further reading

OPEN ACCESS JOURNALS:

Nutrición hospitalaria: <http://www.nutricionhospitalaria.org>

Nutrición clínica y Dietética Hospitalaria: <http://revista.nutricion.org/>

BLOGS OF NUTRITION:

<https://www.fitnessrevolucionario.com>



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www.midietacojea.com
<http://juanrevenga.com>
www.danzadefogones.com
www.dimequecomes.com
www.scientiablog.com
www.fitfoodmarket.es
www.juliobasulto.com
 El otro lado del plato
www.elcomidista.elpais.com

COORDINATION CRITERIA

Joint activities: lectures, seminars, visits ...

Tasks deadlines

Tasks performance

SCHEDULE

Period	Assessment activities	Debates	Lectures	Workshop
1# Fortnight	0.0	0.0	6.0	0.0
2# Fortnight	0.0	0.0	6.0	0.0
3# Fortnight	0.0	0.0	6.0	4.0
4# Fortnight	0.0	0.0	6.0	4.0
5# Fortnight	0.0	0.0	6.0	2.0
6# Fortnight	0.0	0.0	1.0	2.0
7# Fortnight	2.0	1.0	0.0	2.0
8# Fortnight	1.0	0.0	0.0	0.0
Total hours:	3.0	1.0	31.0	14.0

The methodological strategies and the evaluation system contemplated in this Course Description will be adapted according to the needs presented by students with disabilities and special educational needs in the cases that are required.