

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

Name: MOLINA RECIO, GUILLERMO (Coordinador)

Department: ENFERMERÍA, FARMACOLOGÍA Y FISIOTERAPIA

Area: ENFERMERÍA

Office location: Facultad de Medicina y Enfermería, Edificio Sur, 1ª Planta

E-Mail: gmolina@uco.es

Phone: 957218096

Name: MOLINA LUQUE, RAFAEL

Department: ENFERMERÍA, FARMACOLOGÍA Y FISIOTERAPIA

Area: ENFERMERÍA

Office location: Facultad de Medicina y Enfermería, Edificio Sur, 1ª Planta

E-Mail: p72molur@uco.es

Phone: 957218096

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.

Besides, scientific attitudes, critical thinking and reflective learning, will help to achieve wanted competencies

COURSE DESCRIPTION

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.
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 the 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.

COURSE DESCRIPTION

CONTENT

1. Theory contents

BLOCK I: BASIC PRINCIPLES IN NUTRITION

LESSON 1: Basic terms and concepts in nutrition

LESSON 2: Energy metabolism. Estimation of energy needs and its relation to body composition. Estimation formulas

LESSON 3: Water. Structure and properties. Functions. Daily water needs. Recommendations on water consumption. Water and public health

LESSON 4: Remembering the biochemical basis of nutrition

LESSON 5: Carbohydrates Metabolism, food sources, functions and nutritional requirements

LESSON 6: Proteins. Metabolism, food sources, functions and nutritional requirements

LESSON 7: Lipids. Metabolism, food sources, functions and nutritional requirements

LESSON 8: Dietary fiber. Metabolism, food sources, functions and requirements

LESSON 9: Vitamins. Food sources, functions, requirements

LESSON 10: Minerals. Food sources, functions, requirements

LESSON 11: Alcohol. Absorption, metabolism and pathologies related to alcohol

LESSON 12: Functional foods

BLOCK II: FOOD HYGIENE AND SAFETY. LEGISLATIVE CONTROL OF FOOD QUALITY. COMMUNITY NUTRITION AND PUBLIC HEALTH

LESSON 13: Food Hygiene and Public Health. Basic regulation in the food chain. Spanish and European regulation

LESSON 14: Community Nutrition. Basic concepts, functions and working methods

LESSON 15: Overweight and obesity in the center of the interventions in Community Nutrition. Lifestyle changes. Epidemiology and associated cardio-metabolic disorders (diabetes, hyperlipidemias, metabolic syndrome)

BLOCK III: NUTRITION AS A SOURCE OF HEALTH. BALANCED DIET ADAPTED TO THE DIFFERENT NEEDS ACCORDING TO THE STAGE OF LIFE

LESSON 16: Concept and characteristics of a healthy diet. Somatotype. Principles and techniques to follow a healthy diet. The Mediterranean lifestyle and the Mediterranean Diet. The Atlantic Diet

LESSON 17: Other nutritional approaches that offer healthy diets. Low-carb diet. Ketogenic diet. Vegetarian diet. Paleo-diet and Realfooding

LESSON 18: Healthy diet in pregnancy, lactation and menopause

LESSON 19: The importance of nursing care in promoting and supporting breastfeeding [Spanish]

LESSON 20: Healthy diet in the non-breastfeeding child and adolescent

LESSON 21: Healthy Diet in the Elderly

LESSON 22: Food and Physical Activity

BLOCK IV: DIET THERAPY

LESSON 23: Diet therapy. Concept and importance of the diet in the treatment of the disease. Disease-related malnutrition. Types of diets

LESSON 24: Energy-controlled diets. Diet therapy treatment of obesity and eating disorders

LESSON 25: Dietary therapy for diabetes. Types of nutritional approaches. The diet by portions (Clinic Method)

LESSON 26: Dietary therapy in cardiovascular disease. Truths and myths about cholesterol

LESSON 27: Dietary therapy in renal disease

COURSE DESCRIPTION

LESSON 28: Dietary therapy in liver disease

LESSON 29: Basics of Artificial Nutrition. Enteral Nutrition. Characteristics and indications. Parenteral Nutrition. Characteristics and indications

LESSON 30: Food intolerances and allergies. Concept and defining characteristics. Lactose intolerance. Celiac disease. Other more specific allergies and intolerances

2. Practical contents

1. Assessment and diagnosis of nutritional status
2. Assessment of the eating pattern. Techniques and resources
3. Digital resources for measuring nutrients and developing healthy menus
4. Fad Diets
5. Food labelling
6. Critical thinking in the nutrition information
7. Portfolio presentation and evaluation

METHODOLOGY

General clarifications on the methodology (optional)

The theoretical and practical programme will be taught throughout the four-month period, using the following teaching techniques:

Lectures on the topics included in the program, with comments, clarifications and final discussion.

Guided academic activities, which will be carried out to deepen those topics of particular interest in the formation of the student.

Activities of information gathering and analysis, in groups, of different aspects of nutrition related to the contents of the subject.

Sharing of results and discussion on them.

Personal work, collection and analysis of information, and results presentation.

Seminars or workshops in which aspects related to the evaluation of the nutritional state and the dietetic habits, with the elaboration of diets, with the study of nutritional myths, the critical thought and the nutritional education of the population will be developed.

If a health alarm situation is generated that blocks the development of teaching in the face-to-face modality, the coordinators of the affected courses will be required to prepare an addendum to the academic guide according to the model established for the 2019-20 academic year. This addendum must be approved by the "Consejo de Departamento" and published on the degree's website and the course's Moodle platform. This adaptation will be made following the agreement of the Extraordinary Governing Council of 14 March 2020.

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

Methodological adaptations for part-time students and students with educational needs will be defined individually after a tutoring session.

Face-to-face activities

Activity	Large group	Medium group	Total
<i>Assessment activities</i>	3	-	3
<i>Debates</i>	1	-	1

COURSE DESCRIPTION

Activity	Large group	Medium group	Total
Lectures	31	-	31
Workshop	-	14	14
Total hours:	35	14	49

Off-site activities

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

WORK MATERIALS FOR STUDENTS

Case studies

Exercises and activities

Clarifications

Study of the bibliography, audiovisual material and articles uploaded through the moodle platform

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		

COURSE DESCRIPTION

Intended learning	Exams	Oral Presentation	Portfolios
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

Method of assessment of attendance:

Attendance is mandatory only in the workshops and will be controlled by class lists. The absence of more than one will mean the failure in the first call and the realization of a work whose characteristics will be explained in the moodle platform of the course.

General clarifications on instruments for evaluation:

The marks of the class works, cases or practical cases presented in the workshops, are kept until the second ordinary call.

The oral test will take place during the presentation of the results of the portfolio with specific questions to particular members of each group.

All the exams in all the calls will be multiple choice exams. The calculation of the mark will be done using the formula: "Hits - (Errors/n-1)", where "n" represents the number of answer options.

A score of 4.5 in the multiple-choice test and in the practice reports is required to calculate the weighted average score.

If the minimum mark is not reached on each evaluation instrument used, the final mark will be 4 (FAILED).

Attendance at the workshops is compulsory and will be evaluated by roll call. The absence to more than one will suppose a maximum note of 4 (FAILED) in the first ordinary call, having to carry out a work of characteristics that will be specified in the platform moodle of the course.

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

The assessment of part-time students and students with special educational needs will be based on the same criteria as for full-time students, but without regard to attendance at workshops. The characteristics of the tasks to be submitted will be defined individually after a tutoring session.

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.

COURSE DESCRIPTION

BIBLIOGRAPHY

1. Basic Bibliography

All updated and topic-specific papers on the moodle platform

In addition:

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>

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

COURSE DESCRIPTION

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	3,0	1,0	0,0	2,0
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.

CONTINGENCY PLAN: CASE SCENARIO A

Case scenario A will correspond to a diminished on-site academic activity due to social distancing measures affecting the permitted capacity of classrooms.

METHODOLOGY

General clarifications on the methodology on case scenario A

A multimodal (hybrid) teaching system will be adopted, combining both on-site and remote classes via videoconference (synchronous) that will be held in the timetable approved by the corresponding Faculty or School. The time distribution of teaching activities (both on-site and remote) will be decided by the aforementioned Faculties and Schools bearing in mind the permitted capacity of classrooms and social distancing measures as established at that time.

The theoretical and practical programme will be taught throughout the four-month period, using the following teaching techniques:

Lectures on the topics included in the program, with comments, clarifications and final discussion.

Guided academic activities, which will be carried out to deepen those topics of particular interest in the formation of the student.

Activities of information gathering and analysis, in groups, of different aspects of nutrition related to the contents of the subject.

Sharing of results and discussion on them.

Personal work, collection and analysis of information, and results presentation.

Seminars or workshops in which aspects related to the evaluation of the nutritional state and the dietetic habits, with the elaboration of diets, with the study of nutritional myths, the critical thought and the nutritional education of the population will be developed.

COURSE DESCRIPTION

If a health alarm situation is generated that blocks the development of teaching in the face-to-face modality, the coordinators of the affected courses will be required to prepare an addendum to the academic guide according to the model established for the 2019-20 academic year. This addendum must be approved by the "Consejo de Departamento" and published on the degree's website and the course's Moodle platform. This adaptation will be made following the agreement of the Extraordinary Governing Council of 14 March 2020.

EVALUATION

Intended learning	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%)	50%	20%	30%
Minimum grade	4	4	4

(*)Minimum grade necessary to pass the course

Method of assessment of attendance (Scenario A):

Attendance is mandatory only in the workshops and will be controlled by class lists. The absence of more than one will mean the failure in the first call and the realization of a work whose characteristics will be explained in the moodle platform of the course.

General clarifications on instruments for evaluation (Scenario A):

The assessment tests will be carried out in the premises of the UCO, provided that the health situation allows it. In the final exam, the student will be able to recover those tests of continuous evaluation that have not been passed, as long as he has taken them.

This adaptation will be maintained for all the calls of the 2020-2021 academic year.

The marks of the class works, cases or practical cases presented in the workshops, are kept until the second

COURSE DESCRIPTION

ordinary call.

The oral test will take place during the presentation of the results of the portfolio with specific questions to particular members of each group.

All the exams in all the calls will be multiple choice exams. The calculation of the mark will be done using the formula: "Hits - (Errors/n-1)", where "n" represents the number of answer options.

A score of 4 in the multiple-choice test and in the practice reports is required to calculate the weighted average score.

If the minimum mark is not reached on each evaluation instrument used, the final mark will be 3 (FAILED).

Attendance at the workshops is compulsory and will be evaluated by roll call. The absence to more than one will suppose a maximum note of 3 (FAILED) in the first ordinary call, having to carry out a work of characteristics that will be specified in the platform moodle of the course.

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

The assessment of part-time students and students with special educational needs will be based on the same criteria as for full-time students, but without regard to attendance at workshops. The characteristics of the tasks to be submitted will be defined individually after a tutoring session.

Qualifying criteria for obtaining honors (Scenario A):

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.

CONTINGENCY PLAN: CASE SCENARIO B

Case scenario B will bring about a suspension of all on-site academic activities as a consequence of health measures.

METHODOLOGY

General clarifications on the methodology on case scenario B

On-site teaching activities will be held via videoconference (synchronous) in the timetable approved by the corresponding Faculty or School. Alternative activities will be proposed for reduced groups in order to guarantee the acquisition of course competences.

The theoretical and practical programme will be taught throughout the four-month period, using the following teaching techniques:

Lectures on the topics included in the program, with comments, clarifications and final discussion.

Guided academic activities, which will be carried out to deepen those topics of particular interest in the formation of the student.

Activities of information gathering and analysis, in groups, of different aspects of nutrition related to the contents of the subject.

Sharing of results and discussion on them.

Personal work, collection and analysis of information, and results presentation.

Seminars or workshops in which aspects related to the evaluation of the nutritional state and the dietetic habits, with the elaboration of diets, with the study of nutritional myths, the critical thought and the nutritional education of the population will be developed.

If a health alarm situation is generated that blocks the development of teaching in the face-to-face modality, the

COURSE DESCRIPTION

coordinators of the affected courses will be required to prepare an addendum to the academic guide according to the model established for the 2019-20 academic year. This addendum must be approved by the "Consejo de Departamento" and published on the degree's website and the course's Moodle platform. This adaptation will be made following the agreement of the Extraordinary Governing Council of 14 March 2020.

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%)	50%	20%	30%
Minimum grade	4	4	4

(*)Minimum grade necessary to pass the course

Moodle Tools	Exposición oral	Exámenes	Portafolios
Cuestionario		X	
Pruebas simultáneas por videoconferencia			X
Videoconferencia	X		

Method of assessment of attendance (Scenario B):

Attendance is mandatory only in the workshops and will be controlled by class lists. The absence of more than one will mean the failure in the first call and the realization of a work whose characteristics will be explained in the moodle platform of the course.

COURSE DESCRIPTION

General clarifications on instruments for evaluation (Scenario B):

If the final examination is supervised, students will be informed at least 72 hours beforehand and will follow the specific procedure approved by the Governing Council in an extraordinary session on 5 May 2020.

In the final exam, the student will be able to recover those tests of continuous evaluation that have not been passed, as long as he has taken them.

This adaptation will be maintained for all the calls of the 2020-2021 academic year.

The marks of the class works, cases or practical cases presented in the workshops, are kept until the second ordinary call.

The oral test will take place during the presentation of the results of the portfolio with specific questions to particular members of each group.

All the exams in all the calls will be multiple choice exams. The calculation of the mark will be done using the formula: "Hits - (Errors/n-1)", where "n" represents the number of answer options.

A score of 4 in the multiple-choice test and in the practice reports is required to calculate the weighted average score.

If the minimum mark is not reached on each evaluation instrument used, the final mark will be 3 (FAILED).

Attendance at the workshops is compulsory and will be evaluated by roll call. The absence to more than one will suppose a maximum note of 3 (FAILED) in the first ordinary call, having to carry out a work of characteristics that will be specified in the platform moodle of the course.

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

The assessment of part-time students and students with special educational needs will be based on the same criteria as for full-time students, but without regard to attendance at workshops. The characteristics of the tasks to be submitted will be defined individually after a tutoring session.

Qualifying criteria for obtaining honors (Scenario B):

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.