COURSE DATA

Data Subject	
Code	33960
Name	Dietetics II
Cycle	Grade
ECTS Credits	6.0
Academic year	2017 - 2018

Study (s)

Degree	Center	Acad. year	Period
1205 - Degree in Human Nutrition and Dietetics	Faculty of Pharmacy and Food Sciences	3	First term
1211 - Double Degree in Pharmacy and Human Nutrition and Dietetics	Faculty of Pharmacy and Food Sciences	5	First term

Subject-matter

Degree	Subject-matter	Character
1205 - Degree in Human Nutrition and Dietetics	20 - Dietetics	Obligatory
1211 - Double Degree in Pharmacy and Human Nutrition and Dietetics	1 - Asignaturas obligatorias del PDG Farmacia-Nutrición Humana y Dietética	Obligatory

Coordination

Name	Department
ESTEVE MAS, MARIA JOSE	265 - Prev. Medicine, Public Health, Food Sc.,Toxic. and For. Med.
GUILLEM RAMON, ANA DOLORES	265 - Prev. Medicine, Public Health, Food Sc.,Toxic. and For. Med.

SUMMARY

Dietetic II is a compulsory subject that is provided with a load of 6 ECTS credits in the first semester of the third year of the degree in Dietetics and Human Nutrition. The first part of the matter (Dietetic I) is provided in the second quarter of the second year. Part of module 4: Science of nutrition, the diet and health, which includes other subjects such as nutrition, dietetics II and nutritional pathology.

PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements

COMPETENCES (RD 1393/2007) // LEARNING OUTCOMES (RD 822/2021)

1205 - Degree in Human Nutrition and Dietetics

- Recognise the essential elements of the profession of the dietitian-nutritionist including ethical principles, legal responsibilities and the practice of the profession, apply the principle of social justice to professional practice, and work with respect to people, their habits, beliefs and cultures, from a gender perspective.
- Practise the profession with respect for other health professionals and acquire skills to work in teams.
- Communicate effectively, both orally and in writing, with people, with health or industry professionals and with the media, knowing how to use information and communication technologies, especially those related to nutrition and lifestyles.
- Recognise the need to maintain and update professional competence, with particular emphasis on independent and lifelong learning of new facts, products and techniques in the field of nutrition and food, and on motivation for quality.
- Know, judge and know how to use and apply the sources of information related to nutrition, food, lifestyles and health.
- Write, interpret and manage charts and databases of food composition..
- Apply scientific knowledge of physiology, physiopathology, nutrition and food to offer dietary planning and advice to both healthy and sick individuals and communities throughout their life cycle.
- Design and implement protocols of assessment of the nutritional status to identify nutritional risk factors.
- Interpret the nutritional diagnosis, assess the nutritional aspects of a medical history and design the dietetic action plan.
- Adquirir la terminología propia de la materia de Dietética.
- Study the relationship between eating habits and health and disease.
- Know the bases of healthy eating in order to establish a balanced, varied and sufficient diet.
- Know the characteristics of the different eating patterns and habits and their relationship with health.
- Study the different nutritional objectives and dietary guidelines at national and international level.

- Know the metabolic and functional changes that have a nutritional impact on the different stages of the life cycle (from newborn to frail elderly) and modify the diet according to the energy requirements of each developmental stage.
- Know about the structure and use of the different food composition tables and exchange lists.
- Set the criteria for preparing an individualised diet, including databases and software.
- Understand nutrition and the changes to be made in special situations according to metabolic adaptations and specific nutritional needs.
- Conocer las bases y fundamentos de la alimentación y la nutrición humana.
- Aplicar las Ciencias de los Alimentos y de la Nutrición a la práctica dietética.
- Conocer los nutrientes, sus funciones y su utilización metabólica. Conocer las bases del equilibrio nutricional y su regulación.
- Assess and calculate nutritional requirements in situations of health and illness at any stage of the life cycle.
- Identificar las bases de una alimentación saludable (suficiente, equilibrada, variada y adaptada).
- Participate in the design of total diet studies.
- Know, detect early and evaluate quantitative and qualitative deviations, due to surplus or shortage, of nutritional balance.
- Plan and interpret the assessment of the nutritional status of individuals and/or groups, both healthy (in all physiological situations) and sick.
- Identificar los problemas dietético-nutricionales del paciente, así como los factores de riesgo y las prácticas inadecuadas.
- Write and interpret a dietary history of healthy and sick individuals.
- Understand and use clinical and biochemical data in the nutritional assessment of patients and in their dietary-nutritional treatment.
- Participar en el equipo multidisciplinar de una Unidad de Nutrición Hospitalaria.
- Planificar y llevar a cabo programas de educación dietético-nutriconal en sujetos sanos y enfermos
- Manejar las herramientas básicas en TIC utilizadas en el campo de la Alimentación, Nutrición y la Dietética.
- Conocer los límites legales y éticos de la práctica dietética.

LEARNING OUTCOMES (RD 1393/2007) // NO CONTENT (RD 822/2021)

Pursuant to the subject of food, the evaluation of the learning of knowledge, competences and skills shall be effected in the form of assessment continued throughout the course. Shall be considered as assessable parameters:

(a) realization of individual and/or collective memories of exercises relating to the various activities in the classroom, the laboratory and computer room, which will assess the acquisition of skills and attitudes defined ad hoc for the subject as well as the work carried out by the student and the acquisition of procedures and basic concepts;

(b) paper written in which will assess the level of general knowledge of theoretical concepts and procedures presented for each topic;

(c) attitude of the student, assessable from the collective and individual tutorials, practical classes and seminars displayed and discussed in the classroom.

DESCRIPTION OF CONTENTS

1. Diet planning

In this unit the necessary tools will be given so that the student is able to evaluate and plan the diet of an individual.
1.1 Process for the realization of individualized diet.
1.2. Ways of planning a balanced diet. Diet planning in the different stages of life.
1.3 Food consumption in the different hours of the day: Crono-nutrition.
1.4 Culinary expressions and forms of presentation of a diet.

2. Food in special situations

In this unit explores different scenarios in which modifications in the diet should be.
2.1. Vegetarian diet
2.2. Diet motivated by personal, cultural or religious preference: Macrobiotics, Ketogenic,,...
2.3 Diets for weight control. Location of unintentional weight loss diets.
2.4 Diet and physical exercise. Training diets, pre-competition and recovery.
2.5. Eating disorders.

3. The menu as dietary unit

3.1 Structure and distribution of meals.
3.2 Preparation and evaluation of dietary tabs
3.3. Interpretation of recipes.
3.4 Set and the full menu cost

WORKLOAD

ACTIVITY	Hours	% To be attended
Theory classes	38,00	100
Laboratory practices	15,00	100
Seminars	2,00	100
Tutorials	2,00	100
Development of group work	10,00	0
Development of individual work	5,00	0
Study and independent work	50,00	0
Readings supplementary material	5,00	0
Preparation of evaluation activities	2,00	0
Preparing lectures	10,00	0
Preparation of practical classes and problem	5,00	0
Resolution of case studies	3,00	0
TOTAL	**147,00**	

TEACHING METHODOLOGY

The development of the course is structured in:

Theory classes: carried out in weekly sessions of one hour. In total 38 sessions of an hour are necessary to cover this facet teaching. Master class will basically be used in theory classes. The teacher will present the most relevant content on the subject, using audiovisual media necessary for quick and consistent development of the same. The teacher will leave accessible in advance on the platform of teaching "Virtual Classroom", the necessary material support for proper follow-up of theory classes. The theoretical classes enable notably the acquisition of knowledge, and to a lesser extent contribute to the acquisition of procedures and attitudes. The Professor will monitor the assistance to them.

Practical laboratory sessions: are compulsory. Carried out in four sessions of 4 hours. During the session will have to make a script of the "Notebook of practices" sessions, with a short theoretical introduction of them and the detailed protocol. During each session students will have to fill the practice workbook, including chemical reactions and the mathematical calculations needed to obtain the results and the final solution. The notebook of practices will be delivered during the week following the completion of the practices and will be corrected by the teacher. The most representative calculations made previously by the student will be reviewed during classes. Practical classes contribute primarily to the acquisition of skills, and to a lesser extent to the attitudes and knowledge.

Seminars: Are compulsory for students who are enrolled and completion. They must be prepared in groups of 4 or 5 students, each of which will present a topic to be held during the seminar (20-minute oral presentation and written work). The exhibitions will be held in 2 days of seminars. Concerning the seminar dates and deadlines appear published on Virtual Classroom of the subject in advance. Students will find a presentation, which will consist of a script, a schematic synapses of the contents and a

bibliography which the student can use basis to carry out the work in the virtual classroom. The work shall be submitted in electronic format and on paper guardian and shall consist of the following documents: to) the work of the submission should be an extension between 10 and 20 pages, and a bibliography which will enable, if students want deeper into the subject. (b) Presentación provided in PowerPoint. The work will be publicly showcased during the seminars. In the exhibition they must actively participate all members of the group. At the end it will engage a discussion involving all participants in the seminar. The assessment of this activity will cover both the scientific contents treated as the way in which they have been submitted, particularly assessing the ability of communication and transmission of ideas and concepts, as well as the ability to join a working group.

Tutorials: Are compulsory attendance and students will come to them in organized groups and will be in total 2 evenly distributed at the beginning, middle and end of the semester. The duration of these tutorials will be 1 hour. In them, Professor will evaluate the learning process of students in a global manner and guide students on the methods of work more useful for the resolution of problems that might arise. Equally, the tutorials will serve to resolve all doubts that have been able to arise over the theoretical and practical classes.

Tasks: throughout the course the student will arise a number of practical issues and problems

EVALUATION

The evaluation of learning of the knowledge, competitions and skills will be carried out in the shape of evaluation continued along the course. There will be considered to be parameters evaluables: a) theoretical-practical final written test in which there will be evaluated the grade of general knowledge of theoretical concepts and procedures presented for every topic; b) achievement of individual and/or collective memoirs of exercises relative to the different activities in classroom, computer classroom and in the laboratory, in that ad will evaluate the acquisition of skills and definite attitudes hoc for the matter, as well as the work developed by the student and the apprehension of procedures and basic concepts; c) preparation and participation in seminars: written work and exhibition (the scientific content of the work will be evaluated, and the capacity of exhibition and debate with the teachers and partners, as well as the integration capacity in the group of work; d) other tasks proposed along the course, whose(which) achievement he(she) will announce the students to himself with enough advance; e) student attitude (valuable from the individual and collective tutorships, and the participation in the practical classes and seminars exposed and debated in the classroom); f) assistance to class.

PART I:

Evaluation of the theoretical contents through theoretical questions of the final exam: the result of this evaluation will represent **6.5 points** from the final grade for the course.

PART II:

Evaluation of the practical lab classes: the qualification obtained in this evaluation will represent **2.0 points** of the final grade for the course. Practical classes will be assessed through attitude and demonstrated aptitude (care and use of the material, performing calculations, registration of the work done in the laboratory,...), and correction of laboratory workbooks (5%), and the realization of practical issues in the final examination (95%).

PART III:

III. 1. Evaluation of tutoring and tasks: the evaluation of this section will represent **0.5 points**. In this qualification will take into account the resolution of the tasks proposed, different laboratory practices and seminars and tutoring assistance (the note will be distributed according to the number of tasks and/or proposed issues). Be taken into account also the assistance to them; not attend them, will be scored zero.

III. 2. Evaluation of the seminars: the seminar held will contribute a maximum of **1.0 points** to the final note of this subject. You will be assessed the work performed, both the scientific content of the work, like the work of preparation of the same and the ability to expose it in public and discuss it with the teacher and classmates, as well as its integration into the group. Be taken into account also the assistance to them; not attend them, will be scored zero.

To pass the course, it is necessary to have earned a minimum overall score of 5 out of 10, in theoretical exam. Therefore, **cannot be condoned the subject** if either of these circumstances:

1st Did not obtain at least 50% of the score assigned to theoretical exam.

2n That's the overall rating of the subject is less than 5.

In the case of suspending the subject in the first call, only will be saved until the second call the obtained note in the realization of laboratory and booklets corresponding to the same practices and the note corresponding to part III (tutoring, homework and seminars). In no event will be saved the obtained note in the test (not even the corresponding to the theoretical questions not recounted to the practical questions of the same one).

In **the case of suspending the course in the second call**, laboratory practices must not repeat them during the two following years.

In the first call and **the second call** will be qualified as **not presented**:

1 ° The students who were not submitted to the written theory examination, but who have participated and have notes somewhere/s of activities (seminars, laboratory, computer science tutorials,...).

2º Students who were not submitted to the written theory exam or have participated or retrieved note in the rest of the activities of the course.

REFERENCES

Basic

- SALAS-SALVADÓ, J. Nutrición y dietética clínica. Barcelona : Elsevier, cop. 2014
- MARTÍNEZ, J.A. y María del Puy Portillo Baquedano. Fundamentos de nutrición y dietética : bases metodológicas y aplicaciones. Ed. Médica Panamericana (Madrid). 2011
- MAHAN, L.K., ESCOTT-STUMP, S. AND RAYMOND, J.L. Krause's food & the nutrition care process. Elsevier/Saunders 12th ed. c2008.
- Olveira Fuster, Gabriel, ed. Manual de nutrición clínica y dietética (2a. ed.). España: Ediciones Díaz de Santos, 2007. ProQuest ebrary. Web. 28 June 2015.

Additional

- Gil-Hernández, A. Tratado de nutrición. Ed. Médica Panamericana, 2010
- Muñoz Hornillos, M., Aranceta Bartrina, J., García-Jalón de la Lama, I. Nutrición aplicada y dietoterapia. Pamplona: Eunsa, 1999