COURSE DATA

Data Subject

Code	33960
Name	Dietetics II
Cycle	Grade
ECTS Credits	6.0
Academic year	2023 - 2024

Study (s)

Degree	Center	Acad. year	Period
1205 - Degree in Human Nutrition and Dietetics	Faculty of Pharmacy and Food Sciences	3	First term
1211 - D.D. in Pharmacy-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 - D.D. in Pharmacy-Human Nutrition and Dietetics	1 - Asignaturas obligatorias del PDG Farmacia-Nutrición Humana y Dietética	Obligatory

Coordination

Name	Department
GOZALBO MONFORT, MONICA	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.
QUILES BESES, JUAN MANUEL	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

It would be advisable to take Dietetics I beforehand

OUTCOMES

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

At the end of the course, the student should be able to:

- Design and carry out protocols for evaluating nutritional status, identifying nutritional risk factors.

- Interpret the nutritional diagnosis, evaluate the nutritional aspects of a medical history and carry out the dietary action plan.

- Acquire the terminology of the subject of Dietetics.

- Study the relationship of eating habits with health and disease.

- Know the bases of a healthy diet and be able to establish a balanced, varied and sufficient diet.

- Know the characteristics of different eating patterns and habits and their relationship to health.

- Know the different methods of planning diets at the individual level.

- Know the metabolic and functional changes with nutritional repercussion in the different stages of the life cycle (from the newborn to the frail elderly) and make changes in the diet according to the energy requirements of each stage of development.

- Know the structure and use of the different food composition tables and exchange lists.

- Establish the criteria for the realization of an individualized diet, including databases and computer applications.

- Know the diet and modifications to be made in special situations, seeing the metabolic adaptations and the specific food-nutritional needs.

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 an individualized diet.
1.2. Ways to plan a balanced diet.
1.3. Food consumption at different times of the day. Chrononutrition.
1.4. Gastronomic expression. Ways to present a diet. The menu as a dietary unit.
1.5. Application of informatics in the assessment of nutritional status and diet planning. Software. Mobile apps.

2. Food in special situations

2.1. Diets for weight control. Low calorie diets. Diets in involuntary weight loss situation, ED.
2.2. Diet and physical exercise. Training, precompetition and recovery diets.
2.3. Vegetarian food.
2.4. Other diets motivated by personal, cultural or religious preferences.

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 and methodologies of inductive learning and flipped classroom. 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 4 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, the student must fill in the sheets for each of the practices, including the chemical reactions and mathematical calculations necessary to obtain the results and the final solution, and they have to be released on the last day of practice. During the classes the most representative calculations will be reviewed, previously carried out by the student during their study time.

On the last day of practice, and coinciding with the computer practice session, students will take an exam on the theoretical and practical content of these. The practical classes contribute fundamentally to the acquisition of SKILLS, and to a lesser extent to that of ATTITUDES and KNOWLEDGE. During the internship period in the laboratory, students must properly manage the use of water and waste generated during the same (SDG 6).

Seminars: Are compulsory for students who are enrolled. Two coordinated seminars will be held. Coordinated seminars will take place on topics provided by the teacher and related to the course and must follow the guidelines on coordinated seminars available at the web page of the Degree. In the case of Double Degree (Pharmacy and HND) the seminars will not be coordinated. The development of the seminar will be monitored through tutorials, to be agreed upon between the teacher and the students. The seminars will be presented in writing and submitted by students. After the oral presentation speaking time will the other students, moderated by the teacher.

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 3 evenly distributed at the beginning and end of the semester. The duration of these tutorials will be 1 hour. Students raised doubts about the subject, as well as the short questions and/or problems given previously in the virtual platform.

The 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.

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

Complementary activities: activities to supplement the training of the student may pose throughout the course.

SDG: general contents of the course (theory, practice, activities, seminars and tutorials) are aligned with the Sustainable Development Goals (SDGs) numbers 1, 2, 3, 4, 5, 11 and 12. In addition, in each of the didactic units and topics of the course, the specific SDGs that are worked on in that topic will be indicated.

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.

Evaluation of the theoretical contents: The evaluation will be carried out through theoretical questions in a written exam, as well as in case of carrying out questionnaires or activities for the preparation of the theoretical classes, they will also be taken into account for the final theory grade (10% of the evaluation of the theoretical contents). The result of this evaluation will represent **60%** of the final grade of the subject.

Evaluation of the practical lab classes: the qualification obtained in this evaluation will represent **20%** of the final grade for the course..Practical classes will be assessed through a) the attitude and demonstrated aptitude (care and use of the material, carrying out calculations, recording all the work carried out in the laboratory, preparation of the practicals, ...) and the delivery of the files to the end each of the sessions, b) elaboration of a food atlas (35%) and c) On the last day of practice there will be a written exam with practical questions (theoretical concepts, calculations and interpretation of the results) that will represent 65% of the practice mark.

Failure to attend laboratory practices means not being able to obtend the approval in the subject.

Evaluation of tasks: the evaluation of this section will represent **5%** of the final grade for the course. In this qualification will take into account the resolution of the tasks proposed at class or “virtual class”, different laboratory practices and Tutorship (the note will be distributed according to the number of tasks and/or proposed issues).

Evaluation Tutorship: the evaluation of this section will represent **5%** of the final grade for the course. In this qualification will take into account the resolution of the tasks proposed (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.

Evaluation of the seminars: the seminar held will contribute a **10%** to the final note of this subject. Written work, presentation, defense, and proposed activities will be taken into account for their assessment according to the guidelines on coordinated seminars available at the web page of the Degree. The level of understanding of the contents as well as the skills for its presentation and discussion will be assessed.

Be taken into account also the assistance to them; not attend them, will be scored zero.

Cannot be condoned the subject if either of these circumstances:

1. Did not obtain at least 45% of the score assigned to theoretical exam.

2. Did not obtain at least 50% of the score assigned to theoretical content.

3. That the overall rating of the subject is less than 5.

In the case of suspend 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 tutoring, homework and seminars. In no event will be saved the obtained note in the test (not even the correspondent to the theoretical questions not recounted to the practical questions of the same one), task and Tutorship.

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

Repeat students of the subject must attend again the tutorships in the second and subsequent registrations, NOT keeping attendance or previous notes.

Repeat students of the subject who cannot attend tutorials and seminars again must duly justify it.

The students who were not submitted to the written exam will be rated as **not presented**.

Evidence of copying or plagiarism in any of the assessable tasks will result in failure to pass the subject and in appropriate disciplinary action being taken. Please note that, in accordance with article 13. d) of the Statute of the University Student (RD 1791/2010, of 30 December), it is the duty of students to refrain from using or participating in dishonest means in assessment tests, assignments or university official documents.

In the event of fraudulent practices, the "**Action Protocol for fraudulent practices at the University of Valencia**" will be applied (ACGUV 123/2020):

https://www.uv.es/sgeneral/Protocols/C83sp.pdf

REFERENCES

Basic

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- Martínez, J.A. y María del Puy Portillo Baquedano. Fundamentos de nutrición y dietética : bases metodológicas y aplicaciones. Ed. Médica Panamericana (Madrid). 2011
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Additional

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- Martínez Sanz, J.M., Marques Lopes, I., Sospedra López, I., Menal Puey, S., Norte Navarro, A. (eds.) Manual práctico para la elaboración de dietas y menús. Publicacions de la Universitat d'Alacant, 2019