

# Postgraduate Certificate

## Current Trends in Nutrition





## Postgraduate Certificate Current Trends in Nutrition

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Credits: 8 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-certificate/current-trends-nutrition](http://www.techtute.com/us/medicine/postgraduate-certificate/current-trends-nutrition)

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# 01

# Introduction

With this training in Current Trends in Nutrition you will update your knowledge in nutrigenetics and nutrigenomics. A unique opportunity to specialise in a professional field that is in high demand.



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*Improve your knowledge through this program, where you will find the best didactic material with real clinical cases. Learn here about the latest advances in the specialty to be able to perform a quality medical practice".*

This program offers the student the possibility of deepening and updating their knowledge by using the latest educational technology. It provides an overview of clinical nutrition while focusing on the most important and innovative aspects:

Adult diets with an update on nutritional therapy in special or pathological situations

Current trends in nutrition that emphasize the adequate use of the Mediterranean diet as a key tool for a healthy life.

This training provides specialization in the field of Clinical Nutrition in areas of particular interest such as:

- ♦ Nutrigenetics.
- ♦ Nutrigenomics.
- ♦ Nutrition and obesity.
- ♦ Hospital dietetics.
- ♦ Nutritional Tendencies

This Postgraduate Certificate is methodologically designed for distance learning in order to guarantee optimal supervision.

With this training you will have the opportunity to take a program that compiles the most advanced and in-depth knowledge in the field, where a group of highly regarded professors with extensive international experience provides you with the most complete and up-to-date information in Current Trends in Nutrition.

The **Postgraduate Certificate in Current Trends in Nutrition** contains the most complete and up-to-date scientific program on the market. The most important features of the Course are:

- ♦ Clinical cases presented by experts in nutrition. The graphic, schematic, and eminently practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice.
- ♦ New diagnoses and treatments in nutritional intervention
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course.
- ♦ Special emphasis on test-based medicine and research methodologies in clinical nutrition.
- ♦ All of this will be complemented by theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments.
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Obtain your qualification with the Postgraduate Certificate in Current Trends in Nutrition”*

“ *This Postgraduate Certificate may be the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge of Current Trends in Nutrition, you will obtain a certificate from TECH”*

Forming part of the teaching staff is a group of professionals in the world of clinical nutrition, who bring to this course their work experience, as well as a group of renowned specialists, recognised by esteemed scientific communities.

The multimedia content developed with the latest educational technology will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training program to train in real situations.

Problem-Based Learning underpins this program design, and the Doctor must use it to try and solve the different professional practice situations that arise throughout the University Course. For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of nutrition who also have extensive teaching experience.

*This University Course provides training in simulated environments, which provides immersive learning designed to train professionals for real situations.*

*It includes clinical cases to bring the program's degree as close as possible to the reality of care in medicine.*



# 02 Objectives

The main objective of the program is the development of both theoretical and practical learning, so that the medical professional can rigorously and practically master the Current Trends in Nutrition.







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*This refresher program will generate a sense of confidence in the medical professional which will help them grow both personally and professionally”*



## General Objectives

- Update the physician's knowledge on the latest trends in human nutrition, both in health and pathological situations, through evidence-based medicine
- Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to adult pathologies, where nutrition plays a fundamental role in treatment
- Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific specialization
- Encourage professional stimulation through continuing education and research
- Prepare the professional for research into patients with nutritional problems



*Take advantage of the opportunity and take the step to stay up to date with the latest developments in Current Trends in Nutrition”*





## Specific Objectives

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- ♦ Review the basics of a balanced diet in the different stages of the life cycle, as well as in exercise
- ♦ Assess and calculate nutritional requirements in health and disease at any stage of the life cycle
- ♦ Review the new dietary guidelines, nutritional objectives, and recommended dietary allowances (RDA)
- ♦ Manage food databases and composition tables
- ♦ Acquire skills in reading and understanding new food labeling methods
- ♦ Update the drug-nutrient interaction and its implication in the patient's treatment
- ♦ Incorporate the possibilities of phytotherapy as an adjuvant treatment in clinical practice
- ♦ Update knowledge in Nutrigenetics and Nutrigenomics
- ♦ Identify the relationship between nutrition and immune status
- ♦ In-depth study of the circadian system as a key factor in nutrition
- ♦ Identify and classify foods, food products, and food ingredients
- ♦ Review the chemical composition of foods, their physicochemical properties, their nutritional value, their bioavailability, their organoleptic properties, and the changes they undergo as a result of technological and culinary processes
- ♦ Get up-to-date on the composition and utilities of new foods

03

# Course Management

This program includes highly regarded health professionals in the field of clinical nutrition in its teaching staff, who bring the experience of their work to this training.

Also involved in designing and preparing the program are renowned specialists who are members of prestigious national and international scientific communities.





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*Learn from leading professionals the latest advances in current trends in Current Trends in Nutrition”*

## International Guest Director

Dr. Sumantra Ray is an internationally recognized specialist in **Nutrition** and his main areas of interest are **Nutrition Education in Health Systems** and **Cardiovascular Disease Prevention**. With his outstanding experience in this health field, he has served as a consultant on special assignment for the **Nutrition Management** of the **World Health Organization** Headquarters in Geneva. He has also worked as **Director of Research** in Food Security, Health and Society in the Faculty of Humanities and Social Sciences at the University of Cambridge.

For his constant commitment to the dissemination of **healthy eating habits**, he has received the **Josephine Lansdell Award** from the British Medical Association. Specifically, this recognition highlighted his contributions related to nutrition and **Cardiovascular Prevention**. Also, as an international expert, he has participated in a work program on **Food, Nutrition and Education** in India, led by the University of Cambridge and funded by the UK Global Challenges Research Fund.

Dr. Sumantra Ray's studies are worldwide references, focusing on **global food security**, as it is a fundamental aspect for the development of societies. In addition, he has demonstrated his leadership skills as a **Senior Clinical Scientist** at the **Medical Research Council**, focusing on **Nutrition and Vascular Health** studies. In this position, he directed an experimental medicine facility dedicated to Human **Nutrition** studies.

Throughout his career he has authored more than **200 scientific publications** and has written the **Oxford Handbook of Clinical and Health Research**, aimed at strengthening the basic research skills of health care workers around the world. In this sense, he has shared his scientific findings in numerous presentations and congresses, in which he has participated in different countries.



## Dr. Ray, Sumantra

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- ♦ Executive Director and Founder, NNEdPro Global Nutrition and Health Centre, Cambridge, UK
- ♦ Director of Research in Food Security, Health and Society in the Faculty of Humanities and Social Sciences, University of Cambridge
- ♦ Co-Founder and President of the BMJ Scientific Journal Nutrition, Prevention and Health
- ♦ Presidential Advisor at the School of Advanced Studies on Food and Nutrition, University of Parma
- ♦ Vice President of the Conference of Medical Academic Representatives of the BMA
- ♦ Consultant on special assignment for the Nutrition Directorate of the World Health Organization Headquarters in Geneva
- ♦ Honorary International Dean of the Cordia Colleges in India
- ♦ Senior Clinical Scientist with the Medical Research Council
- ♦ Bachelor's Degree in Medicine

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Ms. Auni3n Lavarías, María Eugenia

- Pharmacist and Clinical Nutrition Expert
- "Author of the reference book in the field of Clinical Nutrition "Dietetic Management of Overweight in the Pharmacy Office". (Panamerican Medical Publishing House)
- Pharmacist with extensive experience in the public and private sector
- Pharmacist in Valencia Pharmacy
- Pharmacy Assistant in the British pharmacy and health and beauty retail chain Boots, UK
- Degree in Pharmacy and Food Science and Technology. University of Valencia
- Director of the University Course "Dermocosmetics in the Pharmacy Office"





# 04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of training in daily medical practice in nutrition, aware of the current relevance of specialization training to be able to act before a patient with nutritional alterations, and committed to quality teaching through new educational technologies.



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*The Postgraduate Certificate in Current Trends in Nutrition contains the most complete and up-to-date scientific program on the market”*

### Module 1. New Developments in Nutrition

- 1.1. Molecular Foundations of Nutrition
- 1.2. Update on Food Composition
- 1.3. Food Composition Tables and Nutritional Databases
- 1.4. Phytochemicals and Non-Nutritive Compounds
- 1.5. New Food
  - 1.5.1. Functional Nutrients and Bioactive Compounds
  - 1.5.2. Probiotics, Prebiotics and Symbiotics
  - 1.5.3. Quality and Design
- 1.6. Organic Food
- 1.7. Genetically Modified Foods
- 1.8. Water as a Nutrient
- 1.9. Food Safety
  - 1.9.1. Physical, Chemical, and Microbiological Hazards
- 1.10. New Food Labeling and Consumer Information
- 1.11. Phytotherapy Applied to Nutritional Pathologies

### Module 2. Current Trends in Nutrition

- 2.1. Nutrigenetics
- 2.2. Nutrigenomics
  - 2.2.1. Fundamentals
  - 2.2.2. Methods
- 2.3. Immunonutrition
  - 2.3.1. Nutrition-Immunity Interactions
  - 2.3.2. Antioxidants and Immune Function
- 2.4. Physiological Regulation of Eating. Appetite and Satiety
- 2.5. Nutrition and the Circadian System. Timing is the Key





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*A unique, key, and decisive training experience to boost your professional development”*

05

# Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used in the most prestigious medical schools in the world, and major publications such as the ***New England Journal of Medicine*** have considered it to be one of the most effective.



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*Discover Re-learning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization".*

## At TECH we use the Case Method

In a given situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you can experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching potential or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in professional medical practice.



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*Did you know that this method was developed in 1912 at Harvard for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method.*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our University is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.



*The physician will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*

At the forefront of world teaching, the Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 250,000 physicians with unprecedented success, in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Re-learning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



In this program you will have access to the best educational material, prepared with you in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Latest Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Re-testing**

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory, and generates confidence in our future difficult decisions.



**Quick Action Guides**

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



# 06 Certificate

The Postgraduate Certificate in Current Trends in Nutrition guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





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*Successfully complete this training and receive your university degree without travel or laborious paperwork”.*

This program will allow you to obtain your **Postgraduate Certificate in Current Trends in Nutrition** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra (*official bulletin*). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Current Trends in Nutrition**

Modality: **online**

Duration: **6 months**

Accreditation: **8 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
development languages  
virtual classroom



## Postgraduate Certificate Current Trends in Nutrition

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Credits: 8 ECTS
- » Schedule: at your own pace
- » Exams: online

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