

# Postgraduate Certificate

Introduction to Nutrigenomics  
and Precision Nutrition for  
Nursing. Current Market



## Postgraduate Certificate Introduction to Nutrigenomics and Precision Nutrition for Nursing. Current Market

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/postgraduate-certificate/introduction-nutrigenomics-precision-nutrition-nursing-current-market](http://www.techtute.com/us/nursing/postgraduate-certificate/introduction-nutrigenomics-precision-nutrition-nursing-current-market)

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# 01

# Introduction

Update your knowledge in Nutrigenomics and Precision Nutrition for Nursing with this very complete Postgraduate Certificate in which you will also find specialized information about the current market. A training that will allow you to improve your daily practice with the help of the best teaching methodology.





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*Genomic and precision nutrition is a booming discipline that requires highly trained practitioners in the field”*

This Postgraduate Certificate details everything a healthcare practitioner needs to know about genomic and precision nutrition, taking into account aspects related to the current market. Thus, the material is organized in such a way as to advance knowledge without leaving doubts or gaps in information. It is the best training on the market, because it offers the opportunity to learn online all the innovation in the field of Nutritional Genomics.

This training will provide an introduction to the main and basic points of the human genome, genetic variation and the studies that have been carried out in this field. An up to date presentation of the entire history of the discovery and application of the human genome, highlighting and focusing on the points used in genomic nutrition.

In fact, this Postgraduate Certificate brings together the main studies worldwide where genomic nutrition analysis has been performed. In this way, the student will be able to know precisely how all these studies have been generated, their design, their quality and the results they have yielded in the field of Nutrigenomics and Precision Nutrition.

This Postgraduate Certificate also places special emphasis on the current market. To this end, key aspects for the application of Nutrigenomics in society, such as legal and ethical aspects, will be presented and analyzed. Analyze DTCs, the role of the healthcare practitioner in the new genomics and big data era, reflect and analyze cases from the past, present and anticipate future market developments in the field of Nutrigenomics.

This Postgraduate Certificate provides students with specific tools and skills to successfully develop their practitioner activity related to Nutritional Genomics and Precision Nutrition.

As it is an online Postgraduate Certificate, the student is not conditioned by fixed schedules or the need to move to another physical location, but can access the contents at any time of the day, balancing their work or personal life with their academic life.

This **Postgraduate Certificate Course in Introduction to Nutrigenomics and Precision Nutrition for Nursing. Current Market** contains the most complete and up-to-date scientific program on the market" The most important features of the program include:

- ♦ The development of case studies presented by experts in Genomic and Precision Nutrition
- ♦ The graphic, schematic, and eminently practical contents with which they are created contain information that is indispensable for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Special emphasis on innovative methodologies in genomic and precision nutrition, with special relevance in today's market
- ♦ Theoretical lessons, questions to for the experts, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Get trained in the broad field of Nutritional Genomics and offer specialized treatments to your patients"*

“ *This Postgraduate Certificate is the best investment you can make in selecting a refresher program to bring your knowledge of Nutrigenomics and Precision Nutrition up to date*”

Its teaching staff includes professionals belonging to the field of nutrition, who contribute their work experience to this training, as well as renowned specialists from reference societies and prestigious universities.

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 programmed to train in real situations.

This program is designed around Problem Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. To do so, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts in Genomic and Precision Nutrition.

*This program offers training in simulated environments, which provides an immersive learning experience designed to train for real-life situations.*

*This 100% online course will allow you to combine your studies with your professional work while increasing your knowledge in this field.*



02

# Objectives

The main objective of the program is the development of theoretical and practical learning, so that the nursing practitioner can master the study of Nutritional Genomics and precision nutrition in a practical and rigorous way.





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*This refresher program will provide you with a sense of confidence in your daily work, which will help you grow both personally and professionally”*



## General Objectives

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- ♦ Acquire theoretical knowledge of human population genetics..
- ♦ Acquire knowledge of genomic and precision nutrition to be able to apply it in practice.
- ♦ Learn the development of this novel field and the key findings that contributed to its development.
- ♦ Know in which pathologies and conditions of human life Genomic and Precision Nutrition can be applied..
- ♦ To evaluate individual response to nutrition and dietary patterns in order to promote health and disease prevention.
- ♦ Learn how nutrition influences gene expression in humans.
- ♦ Learn about new concepts and future trends in the field of Genomic and Precision Nutrition..
- ♦ Adapt personalized dietary and lifestyle habits according to genetic polymorphisms.
- ♦ Provide health professionals with all the updated knowledge in the field of Genomic and Precision Nutrition in order to know how to apply it in their professional activity..
- ♦ Put all the up to date knowledge in perspective. Where we are now and where we are headed so that the student can appreciate the ethical, economic and scientific implications in the field.





## Specific Objectives

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- ◆ Present definitions necessary to follow the thread of the following modules.
- ◆ Explain relevant points of human DNA, nutritional epidemiology, scientific method
- ◆ Analyze key studies in Genomic Nutrition.
- ◆ Present and Analyze Key Aspects for the Application of Genomic Nutrition in Society.
- ◆ Reflect and Analyze Past and Present Cases and Anticipate Future Market Developments in the Field of Genomic Nutrition.

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*Take the step and join  
one of the largest online  
universities in the world”*

03

# Course Management

The program's teaching staff includes leading Postgraduate Diplomas in Nutritional Genomics and Precision Nutrition, who bring the experience of their work to this training. Additionally, other recognized experts have participated in its design and preparation, complementing the program in an interdisciplinary manner.





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*An impressive teaching staff, made up of professionals from different areas of expertise, will be your teachers during your training: a unique opportunity not to be missed”*

## Management



### Dr. Konstantinidou, Valentini

- ◆ D. in Biomedicine.
- ◆ Lecturer in Nutrigenetics.
- ◆ Founder of DNANUTRICOACH®.
- ◆ Dietitian-Nutritionist.
- ◆ Food Technologist.



04

# Structure and Content

The structure of the contents has been designed by a team of professionals who recognise the implications that training has on daily practice, who are aware of the relevance of current training in Genomic and Precision nutrition, and are committed to quality teaching using new educational technologies.





“ We have the most complete and up-to-date Scientific Program in the Market. We strive for the excellence that we want you to achieve too”

## Module 1. Introduction to Genomic and Precision Nutrition

- 1.1. Human Genome
  - 1.1.1. DNA discovery
    - 1.1.2. Year 2001
    - 1.1.3. Human Genome Project
  - 1.2. Variations of Interest in Nutrition
    - 1.2.1. Genomic Variations and the Search for Disease Genes
    - 1.2.2. Environmental vs. Genetic Factors and Heritability
    - 1.2.3. Differences between SNPs, Mutations and CNVs.
  - 1.3. The Genome of Rare and Complex Diseases
    - 1.3.1. Examples of Rare Diseases
    - 1.3.2. Examples of Complex Diseases
    - 1.3.3. Genotype and Phenotype
  - 1.4. Precision Medicine
    - 1.4.1. Influence of Genetics and Environmental Factors in Complex Diseases
    - 1.4.2. Need for Precision The problem of Missing Heritability Definition of Interaction
  - 1.5. Precision Nutrition vs. Community Nutrition
    - 1.5.1. The Principles of Nutritional Epidemiology
    - 1.5.2. Current Bases of Nutritional Research
    - 1.5.3. Experimental Designs in Precision Nutrition
  - 1.6. Levels of Scientific Evidence
    - 1.6.1. Epidemiological Pyramid
    - 1.6.2. Regulation
    - 1.6.3. Official Guides
  - 1.7. Consortia and Major Studies in Human Nutrition and Genomic Nutrition

- 1.7.1. Project precision4health
- 1.7.2. Framingham
- 1.7.3. PREDIMED
- 1.7.4. CORDIOPREV
- 1.8. Current European Studies
  - 1.8.1. PREDIMED Plus
  - 1.8.2. NU-AGE
  - 1.8.3. Food4me
  - 1.8.4. EPIC

## Module 2. Current Market State

- 2.1. Legal Aspects
- 2.2. Ethical Aspects
- 2.3. DTC (Direct-to-consumer) Tests
  - 2.3.1. Pros and Cons
  - 2.3.2. Myths of Early DTC
- 2.4. Quality Criteria for a Nutrigenetic Test
  - 2.4.1. SNP Selection
  - 2.4.2. Interpretation of Results
  - 2.4.2. Laboratory Accreditations
- 2.5. Health Professionals
  - 2.5.1. Training Needs
  - 2.5.2. Criteria of Professionals Applying Genomic Nutrition
- 2.6. Nutrigenomics in the Media
- 2.7. Integration of Evidence for Personalized Nutritional Counseling
- 2.8. Critical Analysis of the Current Situation
- 2.9. Discussion Work
- 2.10. Conclusions, use of Genomic and Precision Nutrition as Prevention



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

05

# Methodology

This specialization 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 Nursing School we use the Case Method

In a given clinical 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 an abundance of scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology 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 power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing 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. Nurses 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 nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 university program.



## 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 nurse 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 175,000 nurses with unprecedented success, in all specialities regardless of practical workload. 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 really 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.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current nursing procedures and 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 specialization system for presenting multimedia content 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 specialization.





### 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 & Retesting

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

Through a different and stimulating learning experience, you will be able to acquire the necessary skills to take a big step in your training. An opportunity to progress, with the support and monitoring of a modern and specialized university, which will propel you to another professional level.



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*Include in your training a Postgraduate Certificate in Introduction to Nutrigenomics and Precision Nutrition for Nursing. Current Market a highly valued addition for any practitioner in this area"*

This **Postgraduate Certificate in Introduction to Nutrigenomics and Precision Nutrition for Nursing Current Market** contains the most complete and up-to-date scientific program on the market"

After the student has passed the evaluations, they will receive by mail with acknowledgment of receipt their corresponding Postgraduate Certificate Degree issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **La TECH - Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Introduction to Nutrigenomics and Precision Nutrition for Nursing. Current Market**

ECTS: **12**

Official Number of Hours: **300**



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



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