

# Postgraduate Certificate

## Nutrition Optimization and Health Education with Artificial Intelligence in Nursing



## Postgraduate Certificate Nutrition Optimization and Health Education with Artificial Intelligence in Nursing

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/postgraduate-certificate/nutrition-optimization-health-education-artificial-intelligence-nursing](http://www.techtute.com/us/nursing/postgraduate-certificate/nutrition-optimization-health-education-artificial-intelligence-nursing)

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01

# Introduction to the Program

The integration of Artificial Intelligence (AI) in healthcare has revolutionized various fields, and one of the most prominent is Nutrition Optimization and Health Education in Nursing. According to the World Health Organization (WHO), adequate nutrition is essential to prevent chronic diseases, improve quality of life and promote general well-being. In a context where patient care is increasingly influenced by digitalization, TECH has developed this Postgraduate Certificate, which will equip nurses with the necessary skills to apply AI-based solutions. Through a 100% online modality, they will optimize the nutritional management of patients and contribute to health promotion in a more effective way.



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*Boost your career with TECH! You will learn to apply AI to personalize care and improve health, all from the comfort of your own home. Enroll today and get ready to lead the digital transformation in Nursing!”*



The integration of Artificial Intelligence in Nursing is transforming the approach to optimizing Nutrition and Health Education. As healthcare systems evolve, the ability to accurately personalize and monitor patient nutrition is becoming critical to improving outcomes and efficiency. In this context, the use of AI enables nurses to provide more effective care, based on real and up-to-date data, optimizing both the quality of life of patients and the resources of the healthcare system.

In this regard, TECH has designed this Postgraduate Certificate in Nutrition Optimization and Health Education with Artificial Intelligence in Nursing, which will provide professionals with the necessary tools to implement innovative solutions in their daily practice. Through specific topics, designed with a comprehensive approach, they will learn how to integrate AI to personalize nutritional plans and educational strategies adapted to the individual needs of patients. In addition, they will master process automation for monitoring and continuous improvement in healthcare.

Upon completing this program, graduates will be better prepared to lead the digital transformation in the healthcare sector, improving their job competitiveness. In fact, mastery of AI in key areas such as personalized nutrition and health education will not only increase efficiency, but also position them as leaders in the integration of new technologies. All of this will open up new career opportunities in a constantly evolving market.

In addition, this qualification will be taught 100% online, providing total flexibility to adapt it to the professional and personal needs of the students. In this way, the content will be available 24 hours a day, accessible from any electronic device with an Internet connection. Finally, they will have access to the Relearning methodology, based on active repetition, which will facilitate the assimilation of key concepts, ensuring effective and continuing education.

This **Postgraduate Certificate in Nutrition Optimization and Health Education with Artificial Intelligence in Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Nursing
- ♦ The graphic, schematic and eminently practical content of the book provides scientific and practical information on those disciplines that are essential for professional practice
- ♦ Practical exercises where the process of self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ 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



*Are you ready to revolutionize healthcare?  
Here you will enjoy the flexibility to learn  
100% online and move towards a more  
promising professional future. Join an  
exceptional program!"*

“

*Discover how Artificial Intelligence is revolutionizing nutritional optimization and health education in nursing through innovative practical resources”*

The teaching staff includes nursing professionals who bring their experience to this training program, as well as renowned specialists from leading 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 an immersive learning experience designed to prepare for real-life situations.

This program is designed around Problem-Based Learning, whereby the student must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

*TECH offers you the most innovative teaching methodology to help you master AI tools applied to health and nutrition.*

*A 100% online program that allows you to specialize in health education with AI from anywhere and at your own pace.*



02

# Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs, available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it has a huge faculty of more than 6,000 professors of the highest international prestige.





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*Study at the largest online university in the world and ensure your professional success. The future begins at TECH”*

### The world's best online university, according to FORBES

The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future"

### The best top international faculty

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

### The world's largest online university

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in eleven different languages, making us the largest educational institution in the world.



### The most complete syllabuses on the university scene

TECH offers the most complete syllabuses on the university scene, with programs that cover fundamental concepts and, at the same time, the main scientific advances in their specific scientific areas. In addition, these programs are continuously updated to guarantee students the academic vanguard and the most demanded professional skills. and the most in-demand professional competencies. In this way, the university's qualifications provide its graduates with a significant advantage to propel their careers to success.

### A unique learning method

TECH is the first university to use Relearning in all its programs. This is the best online learning methodology, accredited with international teaching quality certifications, provided by prestigious educational agencies. In addition, this innovative academic model is complemented by the "Case Method", thereby configuring a unique online teaching strategy. Innovative teaching resources are also implemented, including detailed videos, infographics and interactive summaries.

#### The official online university of the NBA

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

#### Leaders in employability

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



#### Google Premier Partner

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



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#### The top-rated university by its students

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



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# 03 Syllabus

The syllabus will provide an in-depth understanding of the main aspects of nutrition in healthcare, while exploring the applications of Artificial Intelligence in this field. From personalized diets to the use of AI to monitor patient progress and recovery, graduates will benefit from a comprehensive and innovative approach. In addition, key topics such as Health Education will be addressed, which will improve communication and encourage healthier eating habits.





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*You will only need an electronic device connected to the Internet to access all the teaching content of this Postgraduate Certificate anytime, anywhere”*

## Module 1. Nutrition Optimization and Health Education with Artificial Intelligence in Nursing

- 1.1. Principles of Personalized Nutrition with Artificial Intelligence in Nursing
  - 1.1.1. Fundamentals of Personalized Nutrition
  - 1.1.2. Role of Artificial Intelligence in Individualized Nutrition
  - 1.1.3. Benefits of Personalization in Nutritional Plans
  - 1.1.4. Examples of Success in Personalized Nutrition
- 1.2. Application of Artificial Intelligence in Nutrition
  - 1.2.1. Artificial Intelligence Mobile Nutrition Applications (MyFitnessPal, Foodvisor, Yazio)
  - 1.2.2. Dietary Tracking Tools
  - 1.2.3. Comparison of Artificial Intelligence Apps for Nutrition
  - 1.2.4. Review of Popular Applications
- 1.3. Personalized Nutrition Assistants
  - 1.3.1. Artificial Intelligence for Nutritional Recommendations (Nutrino, Viome, Noom)
  - 1.3.2. Virtual Assistants in Nutrition
  - 1.3.3. Examples of Personalization in Nutrition
  - 1.3.4. Challenges in the Development of Nutritional Assistants
- 1.4. Comparison from Traditional Tools and Emotional Support from Artificial Intelligence in Nutrition
  - 1.4.1. Efficacy of Traditional Methods vs. Artificial Intelligence
  - 1.4.2. Benefits of Artificial Intelligence over Conventional Tools
  - 1.4.3. Costs and Accessibility of Artificial Intelligence Tools
  - 1.4.4. Comparative Case Studies
- 1.5. Future of Artificial Intelligence- Assisted Nutrition
  - 1.5.1. Technological Innovations in Nutrition
  - 1.5.2. Predictions on the Impact of Artificial Intelligence in Nutrition
  - 1.5.3. Future Challenges in the Personalization of Nutrition
  - 1.5.4. Long-Term Vision of Artificial Intelligence in Nutrition
- 1.6. Artificial Intelligence Tools for Outreach and Health Education
  - 1.6.1. Introduction to Artificial Intelligence Tools in Health Education
  - 1.6.2. Guide for Creating Effective Educational Prompts
  - 1.6.3. Introduction to Gemini
  - 1.6.4. Introduction to ChatGPT







- 1.7. Optimization of Educational Searches with Artificial Intelligence
  - 1.7.1. Artificial Intelligence-Assisted Search Engines
  - 1.7.2. Examples of Search Engines in Health Education
  - 1.7.3. Advanced AutoCAD Functions with Artificial Intelligence
  - 1.7.4. Using Special Operators to Improve Searches
- 1.8. Academic Presentations Enhanced with Artificial Intelligence
  - 1.8.1. Artificial Intelligence Tools for Academic Presentations
  - 1.8.2. ChatGPT for Scientific Presentations
  - 1.8.3. Gemini for Event Presentations
  - 1.8.4. Additional Platforms such as Gamma.app, Beautiful AI and Tome
- 1.9. Creation of Scientific Posters with Artificial Intelligence
  - 1.9.1. Introduction to Artificial Intelligence Tools for Posters
  - 1.9.2. Visme as a Tool for Scientific Posters
  - 1.9.3. Biorender for Visualizing Scientific Information
  - 1.9.4. Jasper and Canva in the Creation of Posters
- 1.10. Creating Educational Avatars and Assistants
  - 1.10.1. Artificial Intelligence Applied to the Creation of Educational Avatars
  - 1.10.2. Conversation Engines for Educational Assistants
  - 1.10.3. Tools such as Heygen and Synthesia
  - 1.10.4. Studio D-ID in the Creation of Interactive Avatars



*TECH is backed by an innovative and results-oriented online methodology, which will allow you to reach your full potential and excel in Nutrition and Health Education with AI in Nursing”*

04

# Teaching Objectives

This qualification will enable professionals to use advanced technologies to transform clinical and educational practice. Therefore, thanks to an up-to-date approach, nurses will be equipped with innovative tools that enhance their ability to address the nutritional and educational needs of their patients with greater precision and efficiency. In addition, they will implement AI-based strategies that optimize the management of health information, personalizing care more effectively. Finally, they will analyze large volumes of nutritional and educational data, facilitating decision-making based on the latest scientific evidence.





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*You will master innovative tools, such as Foodvisor and Nutrino, to develop personalized nutritional plans based on Artificial Intelligence, adjusted to the individual needs of your patients”*



## General Objectives

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- ♦ Analyze the applications of Artificial Intelligence in nutrition management and health education
- ♦ Implement technological strategies to optimize the personalization of nutritional care
- ♦ Design innovative educational programs based on data and scientific evidence
- ♦ Use advanced digital tools for patient monitoring and follow-up
- ♦ Develop critical skills to interpret large volumes of health data
- ♦ Apply technological knowledge to improve outcomes in nutritional interventions
- ♦ Identify educational needs in specific populations using AI algorithms
- ♦ Lead projects that integrate Artificial Intelligence with quality healthcare





## Specific Objectives

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- ♦ Use tools such as Foodvisor and Nutrino to create personalized nutritional plans based on Artificial Intelligence
- ♦ Design innovative resources using platforms such as ChatGPT and Gemini to promote scientific dissemination
- ♦ Master Artificial Intelligence applications in healthcare education, optimizing the creation and presentation of didactic content
- ♦ Explore the future of personalized nutrition and intelligent systems-assisted health education to adapt to new trends



*You have at your disposal  
a wide range of learning  
resources, accessible 24  
hours a day, 7 days a week"*



# 05 Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.







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*TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”*

## The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes  
(which you might not be able to attend)”*



### The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

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*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want”*



## Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.





## Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

*Relearning 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.*



## A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



*The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"*

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

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into 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.

### The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

*Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.*

*You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.*



As such, the best educational materials, thoroughly prepared, will be available in this program:



#### 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.



#### Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



#### 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 exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".

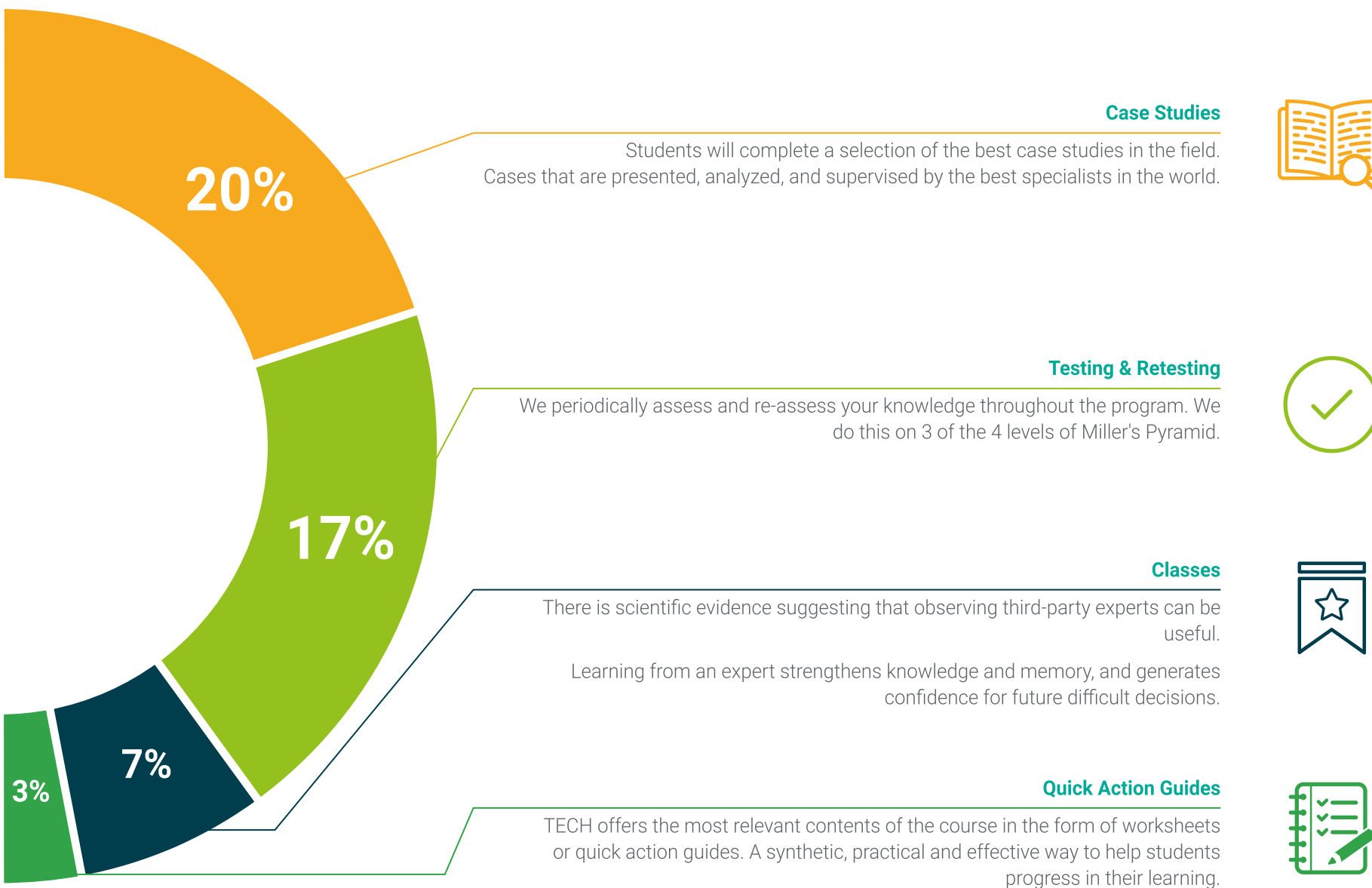


#### Additional Reading

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







06

# Teaching Staff

TECH has brought together a team of experts made up of renowned professionals in the fields of health, technology and nutrition. Their extensive experience, both in the clinical and academic fields, will ensure that students receive up-to-date knowledge and practices that are directly applicable to their work environment. In addition, they not only have a mastery of the use of AI in healthcare environments, but are also committed to effective teaching and academic support. In short, their ability to convey the most complex concepts clearly will enable graduates to reach an advanced level.



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*The TECH teaching staff will guarantee you an enriching and highly professional educational experience, designed to boost the development of your critical and strategic skills in Nutrition and Artificial Intelligence”*



## Management



### Dr. Peralta Martín-Palomino, Arturo

- CEO and CTO at Prometheus Global Solutions
- CTO at Korporate Technologies
- CTO at AI Shepherds GmbH
- Consultant and Strategic Business Advisor at Alliance Medical
- Director of Design and Development at DocPath
- Doctorate in Psychology from the University of Castilla La Mancha
- Doctorate in Economics, Business and Finance from the Camilo José Cela University
- Doctorate in Psychology from University of Castilla La Mancha
- Master's Degree in Executive MBA from the Isabel I University
- Master's Degree in Sales and Marketing Management from the Isabel I University
- Expert Master's Degree in Big Data by Hadoop Training
- Master's Degree in Advanced Information Technologies from the University of Castilla La Mancha
- Member the research group SMILE





# 07 Certificate

The PPostgraduate Certificate in Nutrition Optimization and Health Education with Artificial Intelligence in Nursing 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 program and  
receive your university qualification without  
having to travel or fill out laborious paperwork”*

This private qualification will allow you to obtain a **Postgraduate Certificate in Nutrition Optimization and Health Education with Artificial Intelligence in Nursing** 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** private qualification 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 Nutrition Optimization and Health Education with Artificial Intelligence in Nursing**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**





## Postgraduate Certificate Nutrition Optimization and Health Education with Artificial Intelligence in Nursing

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online



# Postgraduate Certificate

Nutrition Optimization and  
Health Education with Artificial  
Intelligence in Nursing

