

Internship Program

Diet Therapy





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01 Introduction to the Program

The constant evolution of the science of nutrition demands that professionals in the field keep abreast of the latest advances. In this context, the role of nutritionists is fundamental in integrating the latest research into their daily practices, thereby improving clinical results. For this reason, it is essential that specialists incorporate the most innovative strategies into their daily clinical practice in order to design individualized nutrition plans that optimize the general well-being of patients with chronic disorders. With this idea in mind, TECH has developed this exclusive qualification where, for 3 weeks, graduates will be integrated into an experienced team specialized in Diet Therapy to delve into the latest advances in this field.

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Thanks to this Internship Program, you will design personalized meal plans for patients with various health conditions, taking into account their nutritional needs”





According to a new report from the World Health Organization, around 30% of the world's population suffers from nutritional deficiencies, which mainly affects children and women of childbearing age. These deficiencies, which include a lack of vitamin A, iron and iodine, have serious implications for global health. Given this situation, nutritionists play a fundamental role in the identification, prevention and treatment of these deficiencies. In this context, specialists need to have comprehensive knowledge of the most effective techniques for improving the nutritional health of at-risk populations.

In this scenario, TECH has designed a program that consists of a 120-hour internship at a leading center in the field of Diet Therapy. In this way, over the course of 3 weeks, the graduate will become part of a team of top-level specialists, with whom they will actively work on the design and implementation of personalized nutrition plans, evaluating and adjusting dietary interventions for patients with various disorders. This experience will allow them to acquire high-level practical skills in nutritional management, improve their ability to work in a team and collaborate in a cutting-edge clinical environment, facing the daily challenges of nutritional care.

In addition, during their stay they will have the support of an assistant tutor, who will ensure that all the requirements for which this Internship Program has been designed are met. Thanks to this, graduates will remain at the forefront of the latest advances in Diet Therapy and will experience a notable leap in quality in their professional careers. In this way, they will optimize the quality of life of many patients with complex chronic conditions.

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 relies on an enormous faculty of more than 6,000 professors of the highest international renown.



TECH combines Relearning and the Case Method in all its university programs to guarantee excellent theoretical and practical learning, studying whenever and wherever you want"



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Study at the world's largest online university and guarantee your professional success. The future starts 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 world's best online university" 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 aimed at educating the professionals of the future"

A world-class teaching staff

TECH's teaching staff is made up of more than 6,000 professors with the highest international recognition. 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 online educational catalog, one hundred percent online and covering the vast majority of areas of knowledge. We offer a large selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university degrees, in eleven different languages, make us the largest educational largest in the world.



The most complete study plans on the university scene

TECH offers the most complete study plans on the university scene, with syllabuses that cover fundamental concepts and, at the same time, the main scientific advances in their specific scientific areas. In addition, these programs are continuously being updated to guarantee students the academic vanguard and the most in-demand professional skills. 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. It is the best online learning methodology, accredited with international teaching quality certifications, provided by prestigious educational agencies. In addition, this disruptive educational model is complemented with the "Case Method", thereby setting up 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 managed to become the leading university in employability. 99% 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 to 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 as a Google Premier Partner 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.

**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. These ratings place TECH as the absolute international university reference.



03 Teaching Objectives

The main objective of TECH's Internship Program in Diet Therapy is to provide direct experience in the application of personalized nutritional interventions. In this way, graduates will obtain advanced clinical skills to assess the nutritional status of individuals, design food plans adapted to various diseases, manage nutritional disorders and educate patients about healthy habits. Thanks to this, they will significantly improve people's quality of life.



General Objectives

- Broaden knowledge and incorporate advanced and innovative knowledge in food and nutrition in the daily clinical practice of the Dietitian-Nutritionist.
- Revise the fundamental aspects of healthy eating, with a current approach aimed at risk prevention.
- Delve into the correct management of daily nutrition.
- Examine the most common syndromes and symptoms related to nutritional problems.





Specific Objectives

- ♦ Develop skills to carry out complete nutritional assessments on patients with various disorders, using appropriate tools and techniques
- ♦ Apply principles of Diet Therapy in the treatment of chronic diseases through the personalization of diets and meal plans
- ♦ Develop appropriate meal plans for patients with digestive, metabolic and renal disorders, considering their energy needs, nutrients and dietary restrictions
- ♦ Ensure continuous nutritional monitoring to evaluate the effectiveness of dietary treatments, adjusting recommendations according to patients' responses and clinical changes



You will continuously monitor patients, assessing progress in terms of improving their nutritional status"

04 Internship

The Internship Program period of this Diet Therapy program consists of a 3-week practical stay in a prestigious institution, from Monday to Friday with shifts of 8 consecutive hours of practical training alongside an assistant specialist. This internship will allow graduates to gain direct experience in the application of dietary principles in real clinical situations, dealing with cases of various diseases and personalizing meal plans based on the individual needs of each patient.

In this Internship Program, which is completely practical in nature, the activities are aimed at developing and honing the skills necessary for the provision of Diet Therapy services in areas and conditions that require a high level of qualification, and which are oriented towards specific training for the exercise of the activity, in a safe environment for the patient and with a high level of professional performance.

It is without doubt a unique opportunity to update knowledge by working in a cutting-edge environment, where the integration of clinical nutrition and personalized care are fundamental in health management.

The practical teaching will be carried out with the accompaniment and guidance of teachers and other fellow trainees who facilitate teamwork and multidisciplinary integration as transversal skills for medical practice (learning to be and learning to relate).

The procedures described below will be the basis of the specialization, and their realization will be subject to the center's own availability, its usual activity and workload, being the proposed activities the following:





Module	Practical Activity
Assessment of Nutritional Status	Assess the medical history, eating habits, physical activity and health conditions of the patient
	Determine body composition (percentage of fat, muscle, water, etc.) using appropriate methods (such as bioimpedance or skinfold thickness)
	Perform a detailed analysis of eating habits using questionnaires or food diaries to identify consumption patterns and nutritional deficiencies
	Develop meal plans adapted to the specific nutritional needs of each patient, considering health conditions such as Diabetes, Hypertension or Obesity
Pediatric Nutrition	Identify signs of malnutrition, overweight, obesity, undernutrition or vitamin/mineral deficiencies, and identify associated risk factors
	Monitor the physical growth and proper development of children, analyzing growth curves and comparing them with reference standards
	Create meal plans adapted to the specific needs of children and adolescents, considering their energy requirements, nutrients, lifestyle and food preferences
	Incorporate recommendations for the management of food allergies and dietary sensitivities (e.g., lactose intolerance)
Nutrition in Nervous System Conditions	Perform a comprehensive analysis of the patient's nutritional status, considering the impact of the neurological pathology on appetite, nutrient absorption and energy needs
	Design nutrition plans tailored to the needs of patients with specific neurological diseases, such as Alzheimer's, Parkinson's or Multiple Sclerosis
	Encourage the consumption of anti-inflammatory foods (fruit, vegetables, nuts, oily fish) that can help reduce inflammation and improve neuronal health
	Monitor clinical parameters, such as body weight, laboratory tests (levels of vitamins, minerals, proteins, etc.), and control of symptoms related to the neurological disorder
Nutritional Support in Oncology Patients	Carry out a comprehensive analysis of the patient's nutritional status, including measurements of weight, height, body mass index and body composition
	Consider the presence of side effects of cancer treatments, such as alterations in the sense of taste or dry mouth
	Personalize diets to address problems such as loss of appetite, fatigue or lack of strength, optimizing nutrient intake to improve overall health
	Recommend nutrients that boost the immune system, such as vitamin C, vitamin A, zinc and folic acid, especially for users receiving chemotherapy or radiotherapy

05 Internship Centers

In its commitment to offer quality education within the reach of most people, TECH has decided to broaden its academic horizons so that this Internship Program can be taught in various centers around the world. Without doubt, an immersive experience that allows professionals to continue developing their career alongside the best specialists in the field of Diet Therapy.


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*You will undertake a practical
internship at a leading institution
in the field of Diet Therapy"*





The student will be able to do this program at the following centers:



Nutrition

Clínica Oro Salud

Country	City
Spain	Huelva

Address: Pl. Quintero Báez, 1, 1ª planta,
21003 Huelva

A space dedicated to looking after health and overall well-being

Related internship programs:

- Medical Expertise and Bodily Injury Assessment
- Nursing in Primary Care

06

General Conditions

Civil Liability Insurance

The university's main concern is to guarantee the safety of the interns, other collaborating professionals involved in the internship process at the center. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, the university commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the Internship Program period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



General Conditions of the Internship Program

The general terms and conditions of the internship program agreement shall be as follows:

1. TUTOR: During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

2. DURATION: The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

3. ABSENCE: If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

4. CERTIFICATION: Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Internship Program shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

7. DOES NOT INCLUDE: The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

07 Certificate

This private qualification will allow you to obtain a diploma for the **Internship Program in Diet Therapy** 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: **Internship Program in Diet Therapy**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Credits: **4 ECTS**



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



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