

# Postgraduate Certificate

## Nutritional Consultation Techniques and Management





## Postgraduate Certificate Nutritional Consultation Techniques and Management

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 4 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nutrition/postgraduate-certificate/postgraduate-certificate-nutritional-consultation-techniques-management](http://www.techtute.com/us/nutrition/postgraduate-certificate/postgraduate-certificate-nutritional-consultation-techniques-management)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

01

# Introduction

In order to create a nutritional plan, nutritionists must know the individual characteristics of each person when it comes to consultations. With this program, you will obtain the tools and resources necessary to effectively deal with nutritional consultations according to the profile of the patient.







Learn the latest techniques in Nutritional Consultation Techniques and Management from highly prestigious professionals.

This program offers the possibility to deepen your understanding and update your knowledge of Nutritional Consultation Techniques and Management, with the use of the latest educational technology. This program offers a global vision of Clinical Nutrition while focusing on the most important and innovative aspects of adult nutrition. It also includes up-to-date information on nutritional therapy in special or pathological situations, as well as current trends in nutrition that emphasize the proper use of the Mediterranean diet as a key tool for a healthy life.

One of TECH's social commitments is to help highly qualified professionals specialize and develop their personal, social and work skills during the course of their studies.

We will not only take you through the theoretical knowledge we offer, but we will introduce you to another way of studying and learning, one which is simpler, more organic, and efficient. We will work to keep you motivated and to create in you a passion for learning. And we will push you to think and develop critical thinking.

This **Postgraduate Certificate in Nutritional Consultation Techniques and Management** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- 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.
- The latest diagnostic and therapeutic information on how to approach nutrition.
- Algorithm-based interactive learning system for decision-making in the presented clinical situations.
- 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.



*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 speciality to be able to perform quality nutritional practice"*

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*This Postgraduate Certificate may be the best investment you can make when choosing a refresher program for two reasons: in addition to updating your knowledge in Nutritional Consultation Techniques and Management, you will obtain a certificate from the largest online educational institution, 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 an immersive training program to train in real situations.

Problem-Based Learning underpins this program design, and the educator must use it to try and solve the different professional practice situations that arise throughout the Postgraduate Certificate course. For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of radiology with extensive teaching experience.

*The Postgraduate Certificate allows training in simulated environments, which provide immersive learning programmed to train in real situations.*

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



# 02

# Objectives

The program's primary objective is focused on theoretical and practical learning, so that the nutritionist is able to master Nutritional Consultation Techniques and Management in both a practical and rigorous manner.





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*It includes clinical cases to bring the program's content as close as possible to the reality of care in nutrition”*



## General Objectives

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- ♦ Update the nutritionist's knowledge on new trends in human nutrition, in both health and pathological situations
- ♦ 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 training
- ♦ Encourage professional stimulation through ongoing education and research
- ♦ Train the professional for research into patients with nutritional problems



*Make the most of the opportunity and take the step to get up-to-date on the latest developments in Nutritional Consultation Techniques and Management"*





## Specific Objectives

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- ♦ Early detection and evaluation of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ♦ 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
- ♦ Learn the composition and utilities of new foods
- ♦ Review basic aspects of food microbiology, parasitology, and toxicology related to food safety
- ♦ Evaluate and maintain adequate hygiene and food safety practices, applying current legislation
- ♦ Acquire teamwork skills as a unit in which professionals and other personnel related to the diagnostic evaluation and treatment of dietetics and nutrition are structured in a uni or multidisciplinary and interdisciplinary way

03

# Course Management

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

In addition, renowned specialists, members of prestigious national and international scientific communities, are involved in designing and preparing the program.





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



## 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"



Item	Quantity	Unit Price	Total Price	Remarks
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2	5	2.00	10.00	
3	3	3.00	9.00	
4	2	4.00	8.00	
5	1	5.00	5.00	
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48	1	48.00	48.00	
49	1	49.00	49.00	
50	1	50.00	50.00	

# 04

# Structure and Content

The structure of the contents has been designed by a team of professionals who recognise the implications of training in daily nursing praxis for trauma care, aware of the relevance of current training to treat patients with emergency pathologies and who are committed to quality teaching using new educational technologies.







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*This Postgraduate Certificate in Nutritional Consultation Techniques and Management contains the most complete and up-to-date scientific program on the market”*

## Module 1. Assessment of Nutritional Status and Diet. Practical Application

- 1.1. Bioenergy and Nutrition
  - 1.1.1. Energy Needs
  - 1.1.2. Methods of Assessing Energy Expenditure
- 1.2. Assessment of Nutritional Status
  - 1.2.1. Body Composition Analysis
  - 1.2.2. Clinical Diagnosis. Symptoms and Signs
  - 1.2.3. Biochemical, Hematological and Immunological Methods
- 1.3. Intake Assessment
  - 1.3.1. Methods for Analyzing Food and Nutrient Intake
  - 1.3.2. Direct and Indirect Methods
- 1.4. Update on Nutritional Requirements and Recommended Intakes
- 1.5. Nutrition in a Healthy Adult. Objectives and Guidelines. Mediterranean Diet
- 1.6. Nutrition in Menopause
- 1.7. Nutrition in the Elderly

## Module 2. Nutritional Consultation

- 2.1. How to Implement a Nutritional Consultation
  - 2.1.1. Objectives of Implementing a Nutritional Consultation
  - 2.1.2. Necessary Steps to Implement a Nutritional Consultation in Private Practice
  - 2.1.3. Essential Materials for Setting Up a Nutritional Consultation
  - 2.1.4. Steps to Follow During the Consultation
  - 2.1.5. Diet Development and Planning
  - 2.1.6. The Importance of Psychology in Nutritional Treatment
- 2.2. Psychology and Nutrition
  - 2.2.1. Eating Disorders (DSM-5)
  - 2.2.2. Onset and Maintenance Factors (AFC)
  - 2.2.3. Treatment. Cognitive-Behavioral Approach





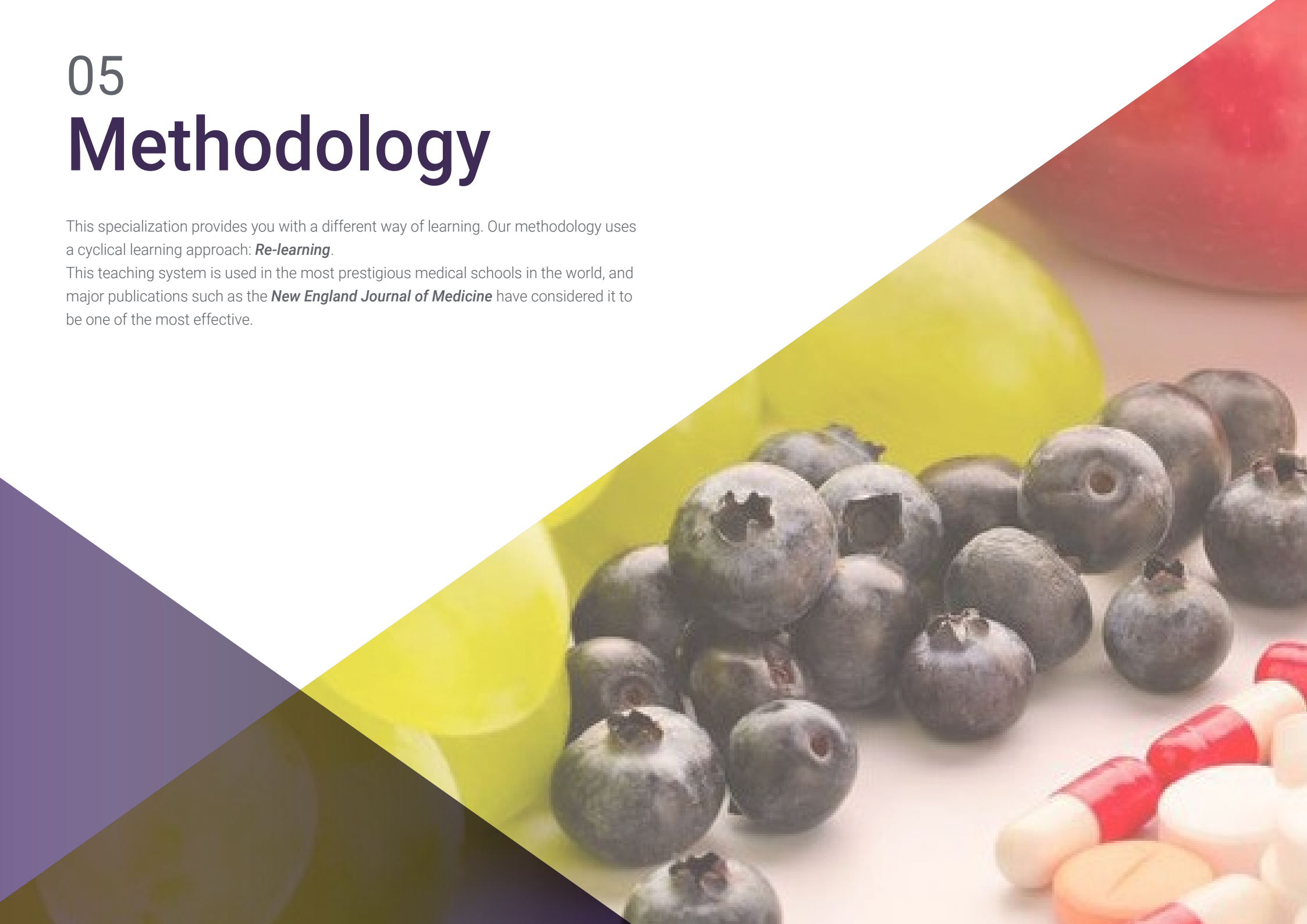
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*A unique, essential and decisive learning experience to boost your professional development"*

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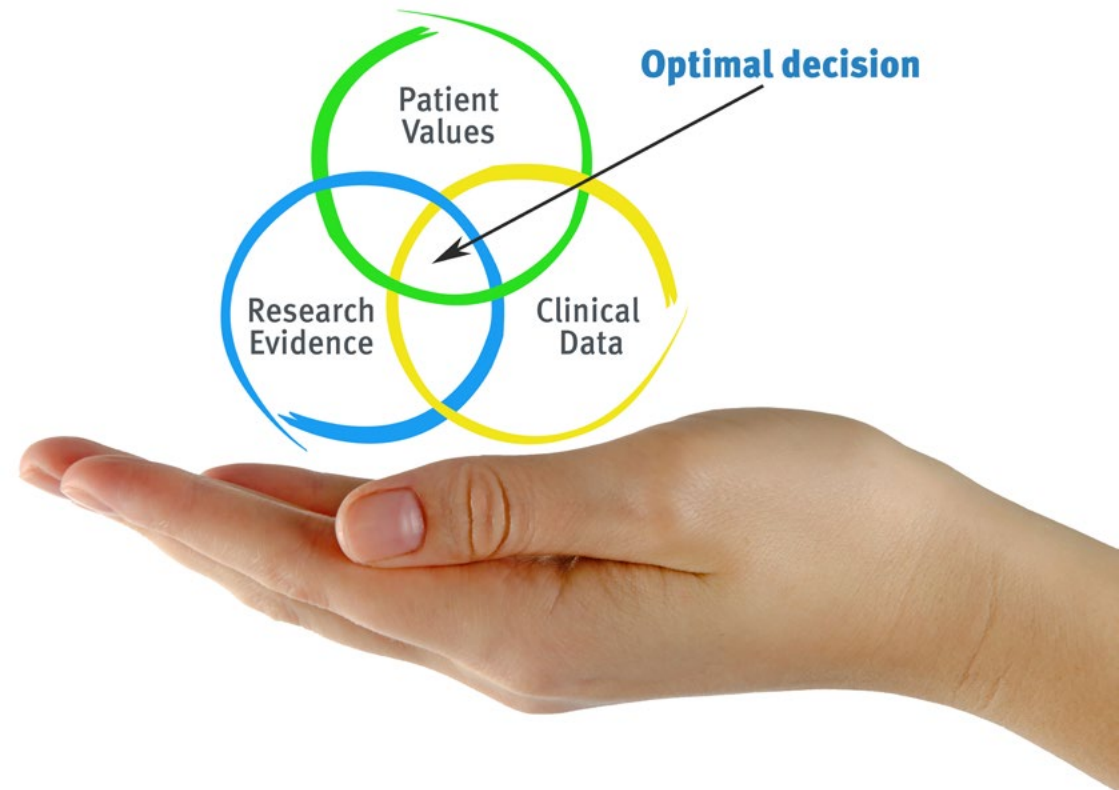
*Discover Re-learning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”*



## At TECH 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 abundant scientific evidence on the effectiveness of the method. Nutritionists learn better, faster, and more sustainably over time.

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



According to Dr. Gervas, 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 of professional nutritional 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. Nutritionists 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 is solidly focused on practical skills that allow the nutritionist to better integrate the knowledge into clinical practice.
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 nutritionist 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 have trained more than 45,000 nutritionists with unprecedented success, in all clinical specialties regardless of the 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.



### Nutrition Techniques and Procedures on Video

We introduce you to the latest techniques, the latest educational advances, and the forefront of current nutritional 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

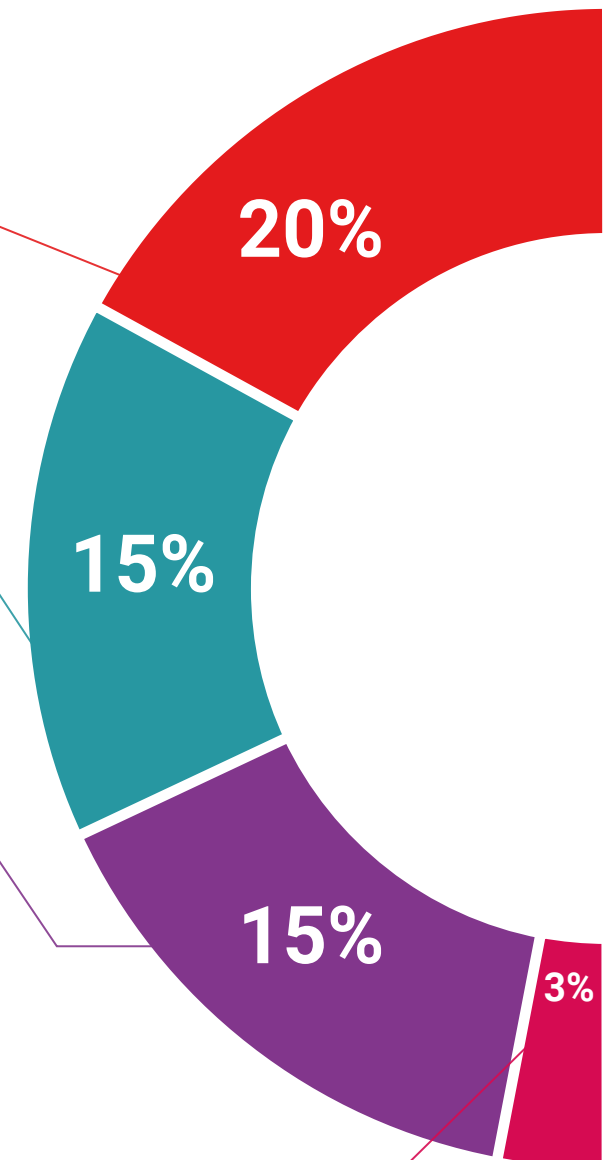
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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 & 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 difficult future 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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*Add a course in Nutritional Consultation Techniques and Management to your CV and become a highly competitive professional”*

This program will allow you to obtain your **Postgraduate Certificate in Nutritional Consultation Techniques and Management** 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 Nutritional Consultation Techniques and Management**

Modality: **online**

Duration: **6 weeks**

Accreditation: **4 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**  
Nutritional Consultation  
Techniques and Management

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 4 ECTS
- » Schedule: at your own pace
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## Nutritional Consultation Techniques and Management

