

# Postgraduate Certificate

## Current Trends in Nutrition





## Postgraduate Certificate Current Trends in Nutrition

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

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

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01

# Introduction

New trends in nutrition are a key factor for society and the food industry, since both are linked in the control of obesity and other diseases.

Learn the latest trends in nutrition with this highly scientifically rigorous training, meticulously designed by industry professionals who have invested all their knowledge and experience in the development of this comprehensive program.





*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"*

This training in Current Trends in Nutrition deepens understanding of the latest innovations in nutrigenetics and nutrigenomics. It offers the student the possibility of deepening and updating their knowledge, using the latest educational technology. It also allows for specialization in the field of Clinical Nutrition in areas of special interest such as nutrition and obesity, hospital dietetics and nutritional trends.

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 develop your passion for learning, helping you to think and develop critical thinking skills. And we will push you to think and develop critical thinking.

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



*Learn how to select the best diets for your patients according to their needs with this high-quality teaching course"*

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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 Current Trends in Nutrition, you will obtain a certificate from the largest online educational institution, TECH Technological University”*

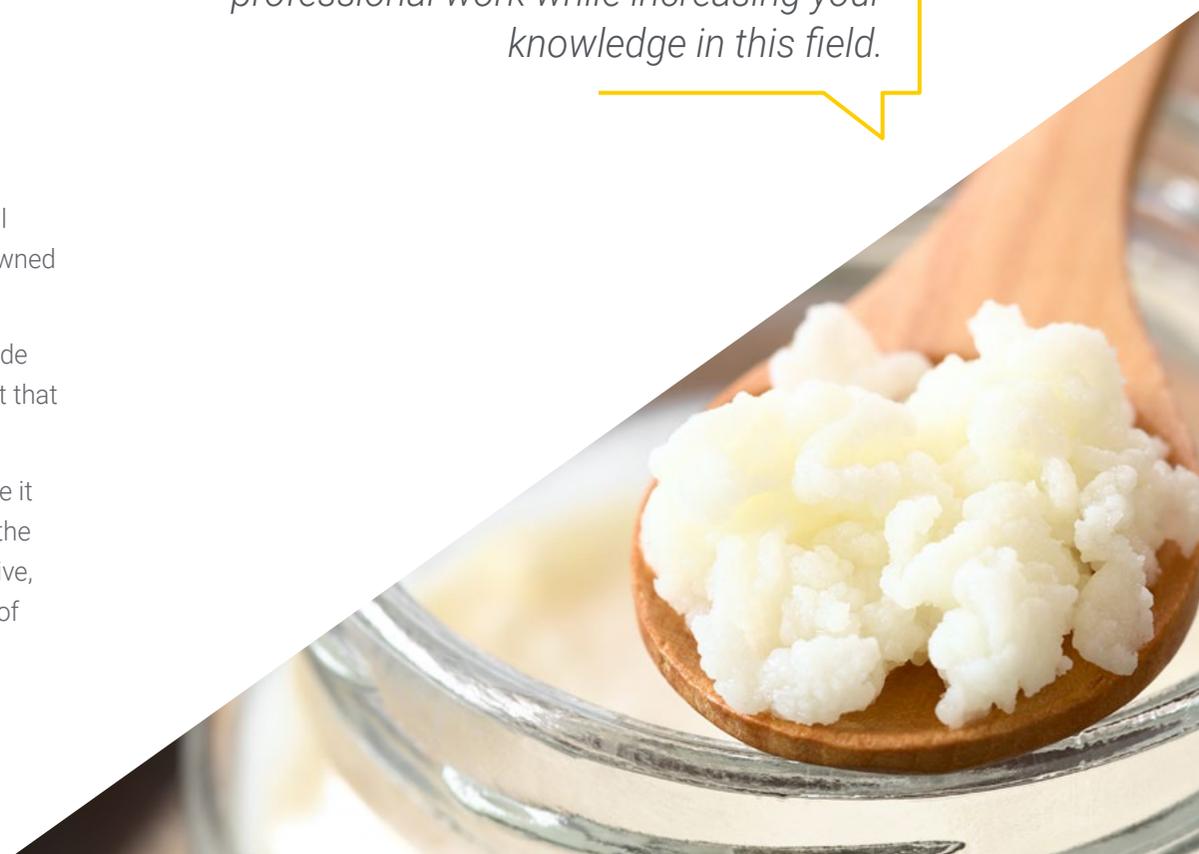
*This program offers training in simulated environments, which provides an immersive learning experience designed to train for real-life situations.*

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

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.



# 02

# Objectives

The program's primary objective is focused on theoretical and practical learning, so that the nutritionist is able to master Current Trends in Nutrition in both a practical and rigorous manner.





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*This refresher program will generate a sense of security in nutritional practice which will help you grow both personally and professionally”*



## General Objectives

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- Update the professional's knowledge on new trends in human nutrition, in both health and disease situations, through evidence-based medicine
- Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to adult pathologies, where nutrition plays a fundamental role in treatment
- Encourage the acquisition of technical skills and abilities, through a powerful audio-visual system, and the possibility of development through online simulation workshops and/or specific training
- Encourage professional stimulus through continuing 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 the Current Trends in Nutrition”*





## Specific Objectives

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- Describe the basics of a balanced diet in the different stages of the life cycle, as well as in exercise
- Assess and calculate nutritional requirements in health and disease at any stage of the life cycle
- Review the new dietary guidelines, nutritional objectives, and recommended dietary allowances (RDA)
- Manage food databases and composition tables
- Acquire skills in reading and understanding new food labeling methods
- Update the drug-nutrient interaction and its implication in the patient's treatment
- Identify the relationship between nutrition and immune status
- Update knowledge in nutrigenetics and nutrigenomics
- Describe the possibilities of phytotherapy as an adjuvant treatment
- Describe the psychological bases and biopsychosocial factors that affect human eating behavior

03

# Course Management

This program includes highly regarded health professionals from the field of nutrition 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.





*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 Lavar3as, Mar3a Eugenia**

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



04

# Structure and Content

The structure of the contents has been designed by a team of professionals who recognise the implications of training in daily praxis the field of nutrition, aware of the relevance of current training to treat patients with nutritional alterations and who are committed to quality teaching using new educational technologies.





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

## Module 1. New developments in food

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

## Module 2. Current Trends in Nutrition

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





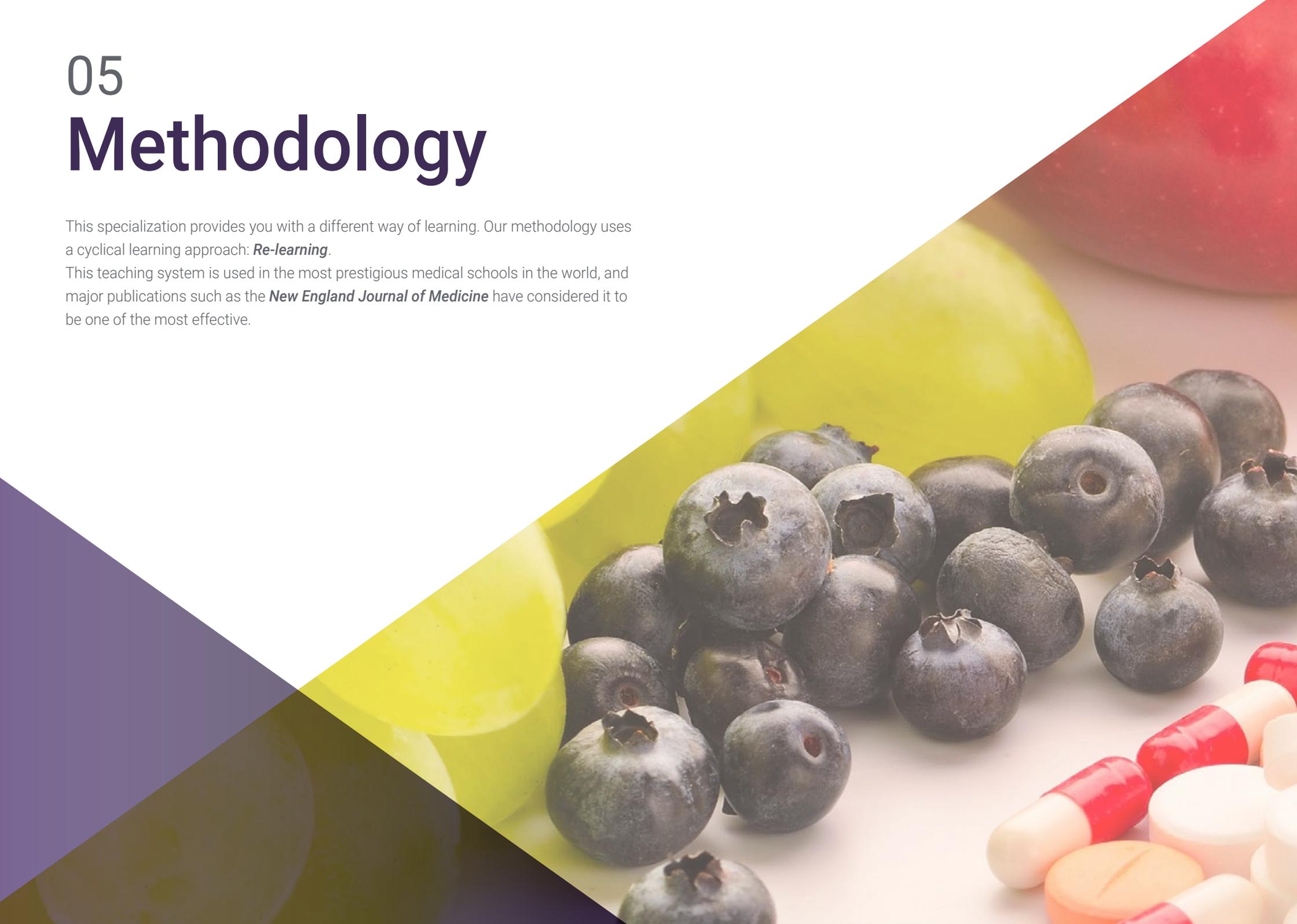
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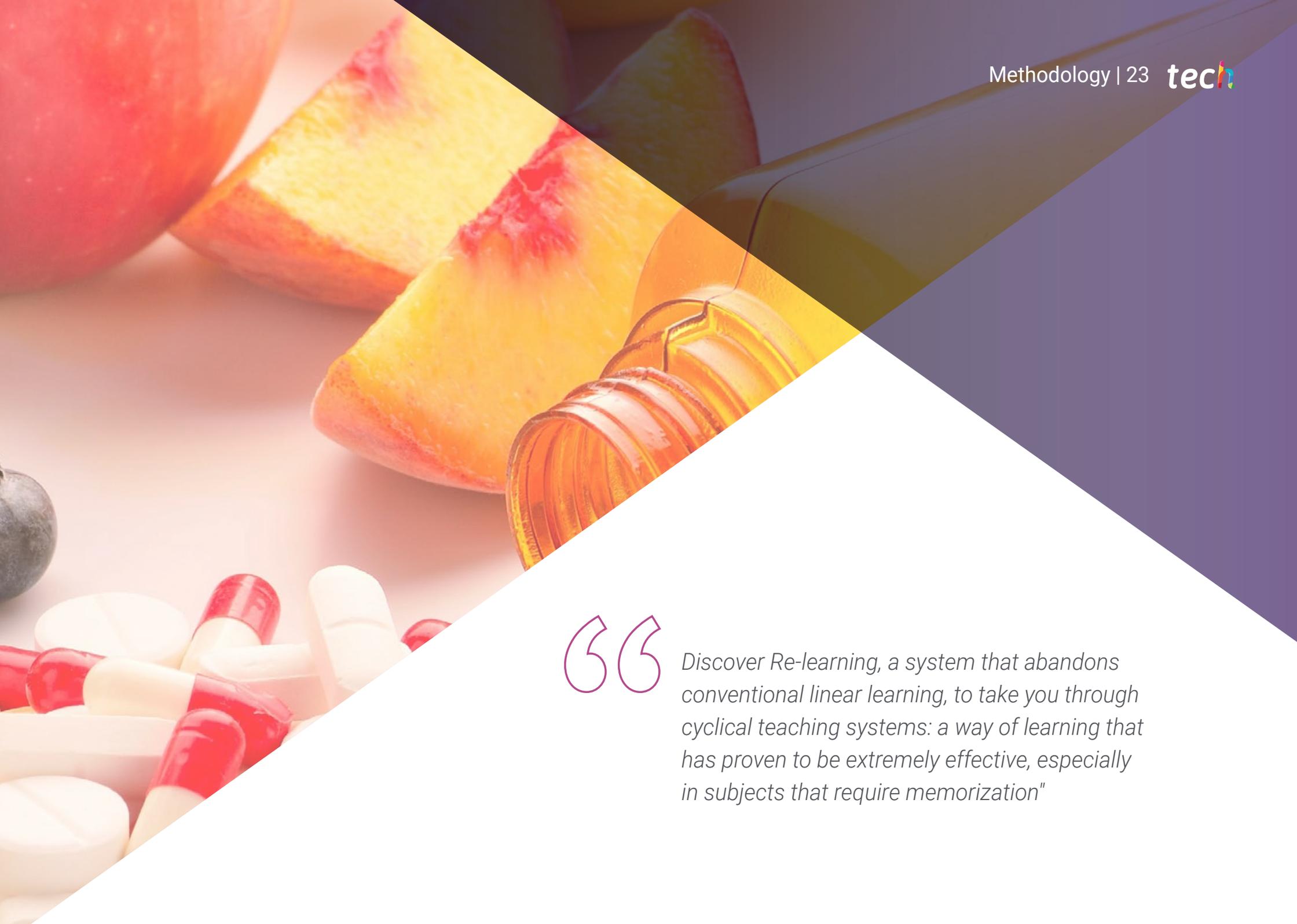
*A unique, key, and decisive  
Training experience to boost  
your professional development”*

# 05 Methodology

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

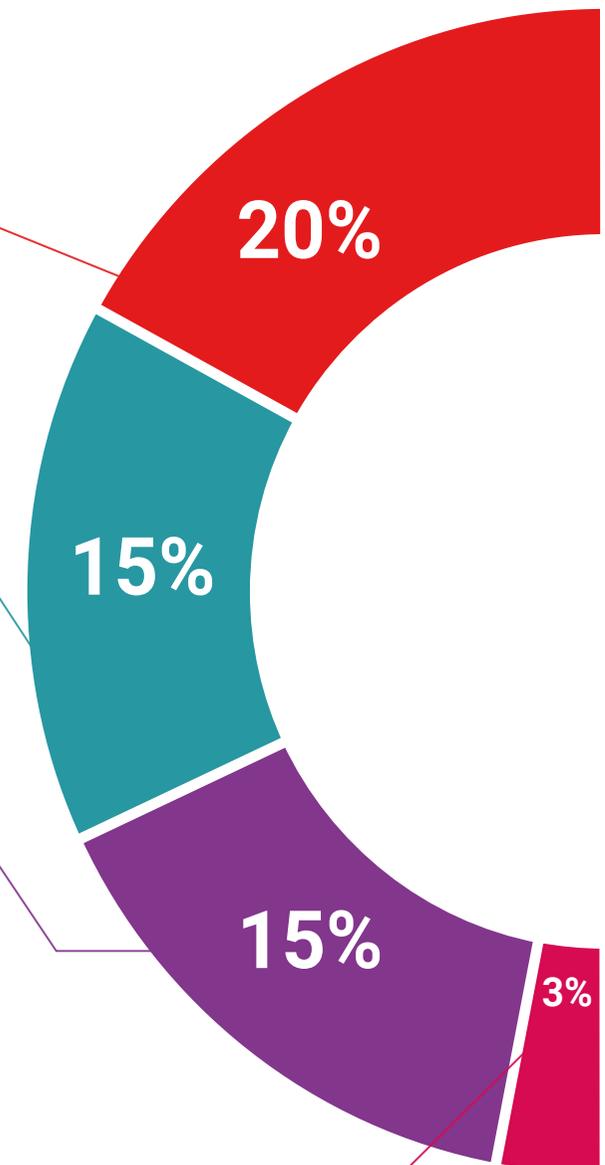
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge

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 Current Trends in Nutrition to your CV and become a highly competitive professional”*

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

After the student has passed the evaluations, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery.

The diploma issued by **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 Current Trends in Nutrition**

Modality: **online**

Duration: **6 weeks**



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



## Postgraduate Certificate Current Trends in Nutrition

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

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