

# Postgraduate Certificate

## Effects of Nutrition on the Skin





## Postgraduate Certificate

### Effects of Nutrition on the Skin

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

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

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Structure and Content

---

*p. 12*

04

Methodology

---

*p. 16*

05

Certificate

---

*p. 24*

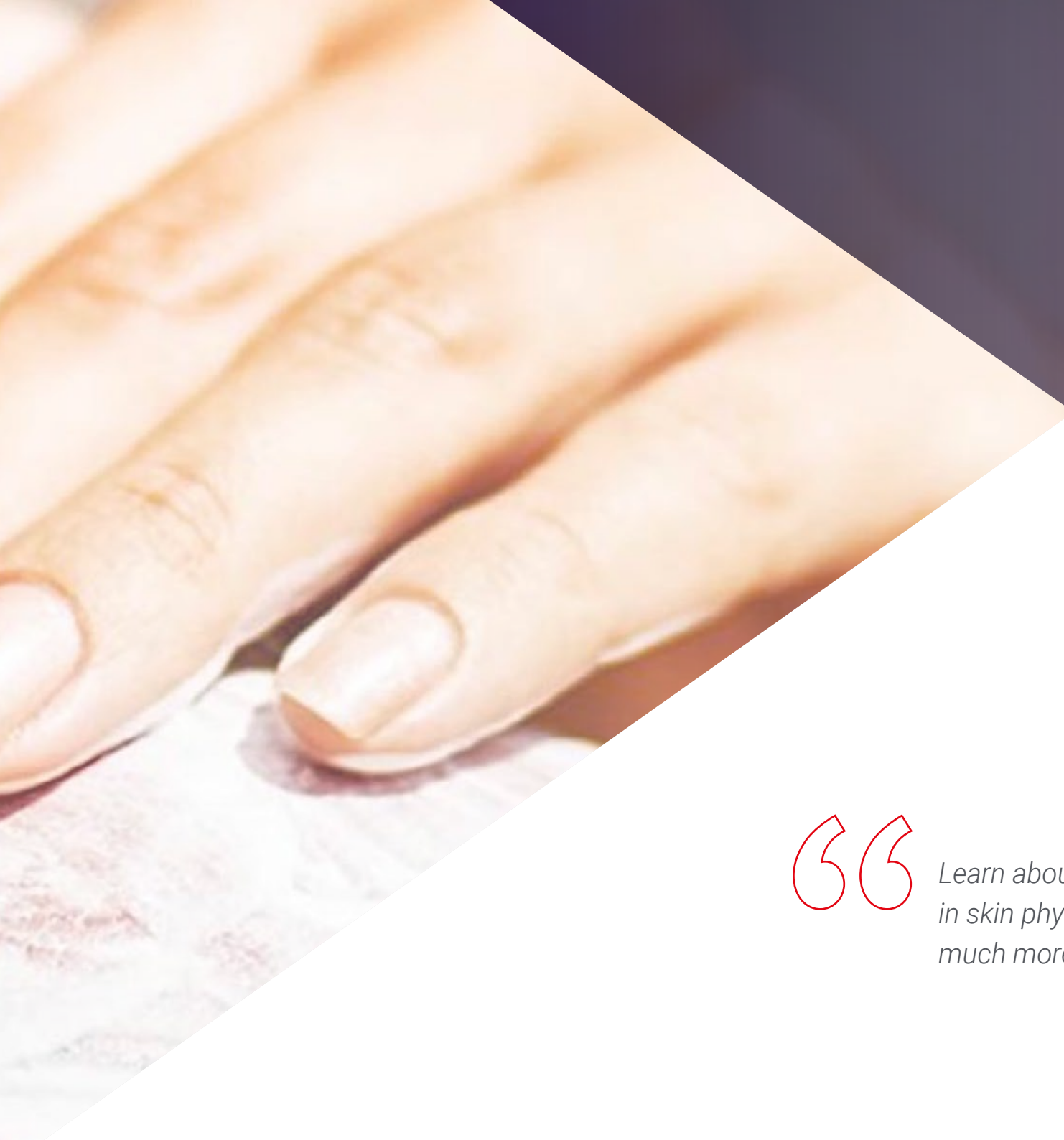
# 01

# Introduction

It is no secret that good nutrition and healthy habits have direct consequences on the appearance of the skin. Therefore, it is necessary that nutritionists not only know how to design beneficial dietary plans for this organ, but also have an in-depth knowledge of how it works in order to offer the patient a much more comprehensive care. To this end, academic programs such as this one at TECH focus on updating the professional's knowledge so that they are able to understand the different skin cares depending on the patient's stage of life, as well as to go deeper into other related areas such as hair, nails, sebaceous and sweat glands, etc.







“

*Learn about the latest advances  
in skin physiology and become a  
much more reputable nutritionist”*

The skin is not only the visible layer covering the body. It is a large organ that is essential for human beings. Therefore, taking care of it is fundamental and, normally, its care does not only have to do with external factors such as products or treatments, but also with nutrition. In this sense, a good diet can be the key to healthy and beautiful skin.

Thus, it is crucial for nutritionists to have a deep understanding of the functioning of the skin in order to offer diets high in certain nutrients, vitamins and compounds that are beneficial for this organ. For this reason, academic programs such as this TECH program provide the professionals with the opportunity to update their knowledge, being able to offer a much more complete care to their patients.

In addition, this knowledge will be acquired 100% online, at a distance and with a direct certificate. Thus, nutritionists will be able to update their competencies in a simple and fast way, making their academic activity compatible with their professional and personal work. All a luxury that is only possible by studying at TECH.

This **Postgraduate Certificate in Effects Of Nutrition on the Skin** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The development of case studies presented by experts in skin physiology and nutrition
- Graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- Practical exercises where 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



*Update your knowledge of skin physiology and become a much more reputable nutritionist"*

“

*Thanks to the knowledge that this program will provide you with, you will be able to offer meal plans full of vitamins and nutrients ideal for good skin maintenance”*

*Don't miss this great opportunity and enroll in this complete Postgraduate Certificate It's the most complete on the market.*

*Thanks to the knowledge obtained with this program, you will be able to offer your patients the best and most advanced skin care treatments.*

The program's teaching staff includes professionals from sector who contribute their work experience to this program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide the professionals with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professionals must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned experts.



# 02

# Objectives

This Postgraduate Certificate in the Effects of Nutrition on the Skin was created with the fundamental objective of providing dietetics professionals with new knowledge that will allow them not only to know how the largest organ of the human body works, but also the most effective nutrients and vitamins to take care of it. Thus, after completing the program, the professionals will be much better able to offer a much more comprehensive care to their patients.





“

*Your goals and TECH's goals  
converge to become a reality with  
this Postgraduate Certificate”*



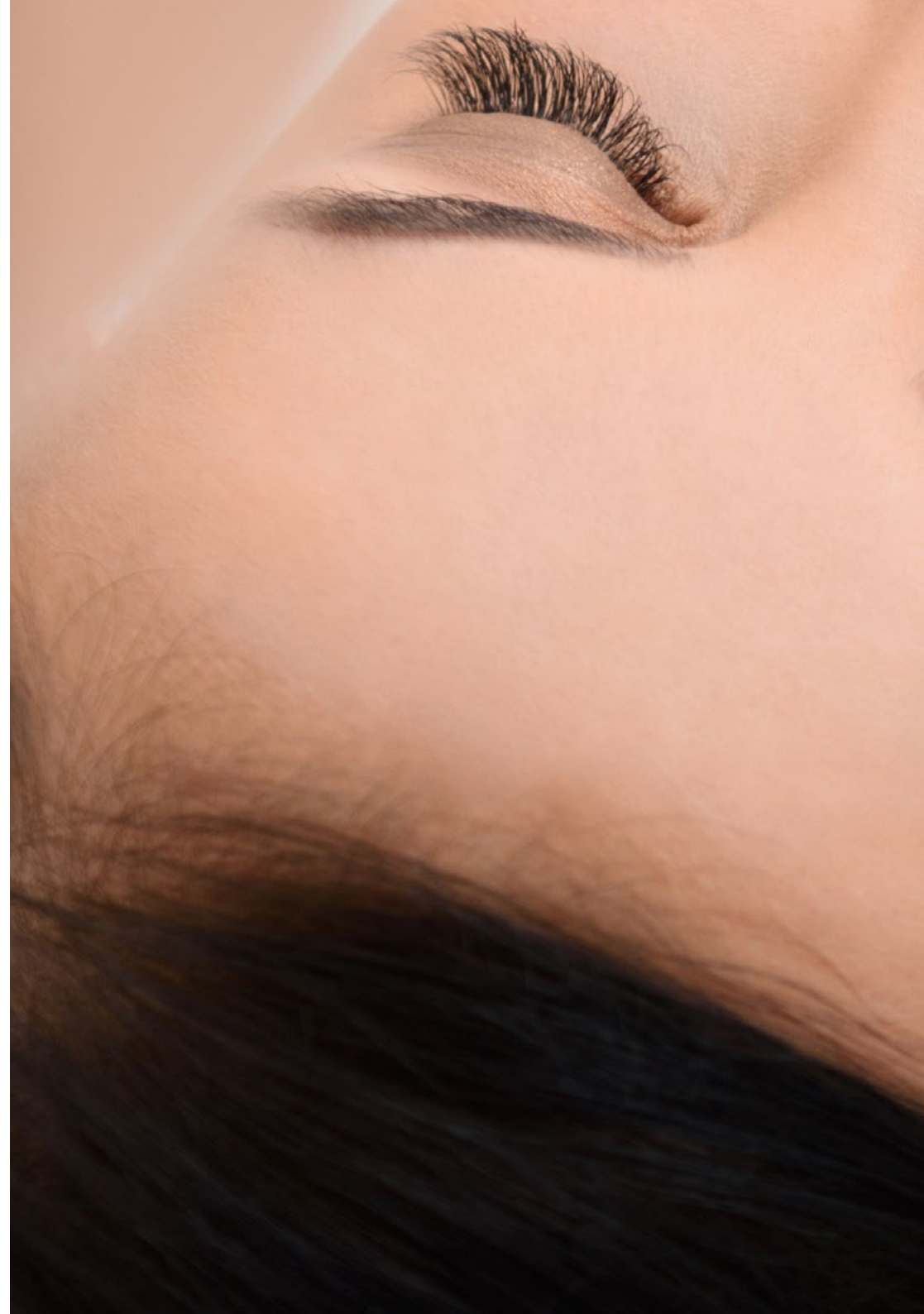
## General Objectives

---

- Update and reinforce the knowledge in dermatology necessary for a correct nutrition patient care
- Provide nutritionists with the necessary tools and guidelines to effectively deal with different dermatological issues
- Know the general characteristics of the skin and its anatomy
- Get to know the basic characteristics of dermocosmetic treatments for the body



*In the image society in which we live, the skin is the sign of beauty par excellence. Learn how to take care of it with this Postgraduate Certificate”*





## Specific Objectives

---

- ◆ Know the anatomical structures of the skin
- ◆ Explore other areas related to the skin: hair, nails, sebaceous and sweat glands, etc
- ◆ Analyze the different functions of the skin
- ◆ Know which are the different skin cares according to the patient's stage of life
- ◆ In-depth knowledge of the effects of solar radiation on the skin and the different means of photoprotection
- ◆ Learn the different types of Skin
- ◆ Understanding the basics of facial hygiene
- ◆ Know the different moisturizing techniques for the skin

03

# Structure and Content

During the six weeks of this program, the nutrition professionals will have access to a series of didactic materials in a theoretical-practical format that will allow them to make an in-depth review of the physiology and functioning of the skin. A great opportunity to learn in a simple way, and with the best content on the market.







“

*You need to study with quality content like this to get to the top”*



## Module 1. Skin

- 1.1. Skin Anatomy and Structure of the Skin
- 1.2. Skin Appendages
  - 1.2.1. Hair
  - 1.2.2. Nails
  - 1.2.3. Sebaceous Glands
  - 1.2.4. Sweat Glands
- 1.3. Skin Functions and Elementary Lesions
  - 1.3.1. Protection
  - 1.3.2. Metabolism
  - 1.3.3. Temperature Regulation
  - 1.3.4. Sensory
  - 1.3.5. Excretory
  - 1.3.6. Energy Reserve
- 1.4. Care of the Skin in the Different Stages of Life: Neonatal, Pediatrics, Adolescent, Adult, Geriatric, Pregnancy
  - 1.4.1. Neonatal
  - 1.4.2. Pediatric
  - 1.4.3. Adolescent
  - 1.4.4. Adult
  - 1.4.5. Geriatric
  - 1.4.6. Pregnancy
- 1.5. Embryology of the Skin and Skin Appendages
  - 1.5.1. Skin Development
  - 1.5.2. Hair Development
  - 1.5.3. Nail Development
  - 1.5.4. Skin Gland Development



- 1.6. Skin Types
  - 1.6.1. Density
  - 1.6.2. Skin Emulsion
  - 1.6.3. Skin Phototype
  - 1.6.4. Status
- 1.7. Skin Hygiene
- 1.8. Skin Hydration
  - 1.8.1. Manual Techniques
  - 1.8.2. Materials and Technical Methods
  - 1.8.3. Specific Cosmetics
  - 1.8.4. Equipment

“

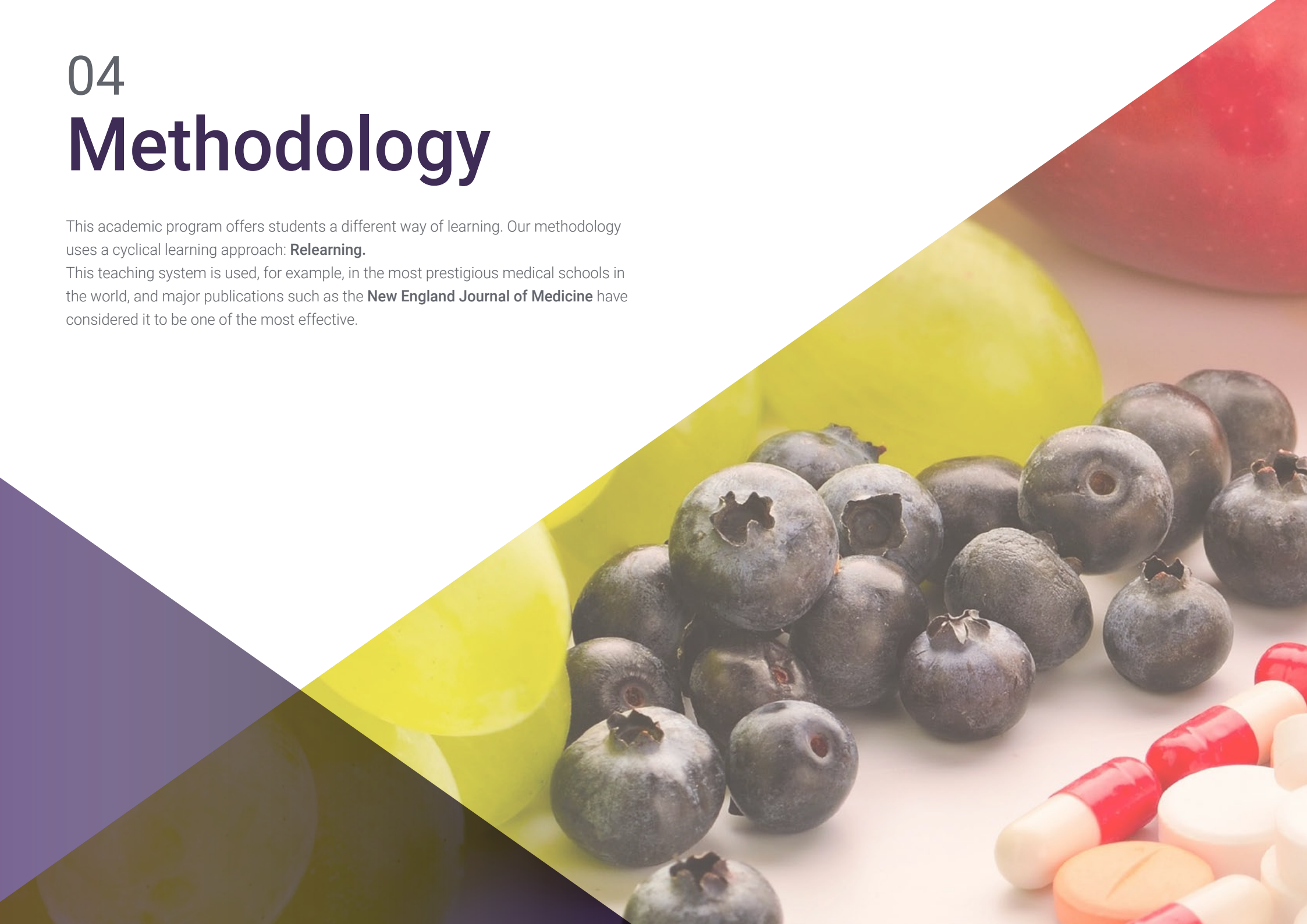
*You will learn not only about skin physiology, but also about other aspects related to it such as hair, nails, sebaceous and sweat glands, among others”*

04

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, 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.







“

*Discover Relearning, 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 situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists 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 power 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.



“

*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 achieve the assimilation of concepts, but also a development of their mental capacity through exercises to evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the nutritionist to better integrate 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.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This 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, a real revolution with respect to the mere study and analysis of 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 Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 45,000 nutritionists have been trained with unprecedented success in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals 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 highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Nutrition Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional counselling techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

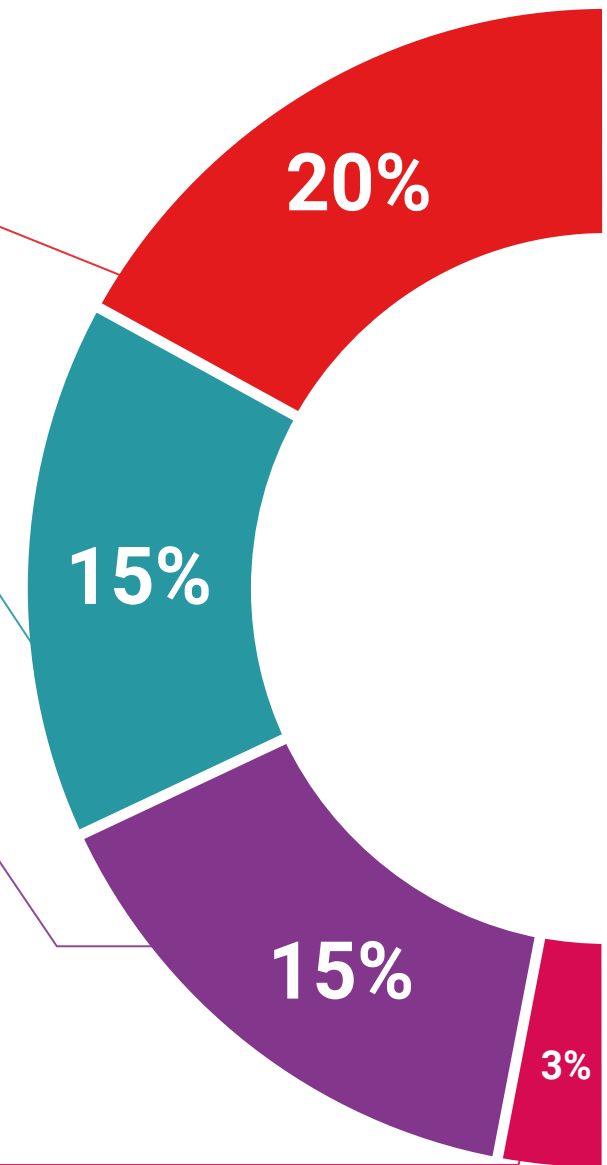
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their 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 future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.





05

# Certificate

The Postgraduate Certificate in Effects of Nutrition on the Skin guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





“

*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

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

After the student has passed the assessments, 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 Effects of Nutrition on the Skin**

Official N° of Hours: **150 h.**



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

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present

online training

development languages

virtual classroom

**tech** technological  
university

## Postgraduate Certificate Effects of Nutrition on the Skin

- › Modality: online
- › Duration: 6 weeks
- › Certificate: TECH Technological University
- › Dedication: 16h/week
- › Schedule: at your own pace
- › Exams: online



# Postgraduate Certificate

## Effects of Nutrition on the Skin

