

# Postgraduate Certificate

## New Advances in Nutrition





## Postgraduate Certificate

### New Advances in Nutrition

- » 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/new-advances-nutrition](http://www.techtute.com/us/nutrition/postgraduate-certificate/new-advances-nutrition)

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# 01

# Introduction

It is essential for nutritionists working in the field of pediatrics to be aware of the main advances in nutrition, as it will allow them to be up to date on the main food innovations that favor the growth of children and improve their health. Don't think twice and get qualified in this subject with TECH.





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*We offer you the latest news on food  
in a complete program prepared by  
the leading experts in the field"*

Nutritionists working in the field of pediatrics must obtain further education on the advances that have been developed in this field, favored by improvements in new technologies and increased investment in research.

It is therefore important that these professionals do not neglect further studies when they begin their working life. In order to promote the development of professionals in this field, TECH has brought together the leading experts in the field to create this program of the highest academic level, which will showcase the most comprehensive content on the New Advances in Nutrition.

Specifically, the academic program covers the molecular basis of nutrition, food composition, phytochemicals, organic and transgenic foods, as well as the nutritional value of water. And all this in a 100% online format that will allow students to continue with their education while going on with the rest of their daily obligations. Thus, they can self-manage their study time and decide where and when to study, since they only need a computer or mobile device with an Internet connection.

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

- Practice cases presented by experts in new advances in nutrition
- The 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.
- An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- Special emphasis on the research methodology used in new advances in nutrition
- 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



*This Postgraduate Certificate will help you keep up to date in order to provide comprehensive quality care to your patients”*

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*This Postgraduate Certificate may be the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in New Advances in Food, you will obtain a certificate issued by TECH Technological University”*

It includes, in its teaching staff, professionals belonging to the field of pediatric nutrition, who pour the experience of their work into this program, in addition to recognized specialists from prestigious reference societies and 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.

The design of this program focuses on Problem-Based Learning, through which the Nutritionist must try to solve the different professional practice situations that arise. To this end, the specialist will be assisted by an innovative interactive video system created by renowned and experienced experts in New Advances in Food.

*Learn here about the latest advances in New Advances in Nutrition to be able to perform a quality practice.*

*Improve your knowledge in New Advances in Nutrition through this program, where you will find the best didactic material with real clinical cases.*



# 02

# Objectives

The main objective of the program is the development of theoretical and practical learning, so that the pediatrician can master the New Advances in Nutrition in a practical and rigorous way.





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*This Postgraduate Certificate will allow you to update your knowledge in New Advances in Nutrition with the use of the latest educational technology, and to contribute to quality decisions made with confidence"*



## General Objectives

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- Update the pediatricians 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 child 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 continuous education and research
- Train the professional for research into patients with nutritional problems





## Specific Objectives

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- Review 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
- Explain the proper reading of new food labeling
- Update the drug-nutrient interaction and its implication in the patient's treatment
- Identify the relationship between nutrition and immune status
- Incorporate phytotherapy as a coadjuvant treatment in clinical practice



*Take the step to get up to date on the latest in food"*

03

# Structure and Content

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





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*A comprehensive teaching program, structured in well-developed teaching units, oriented towards efficient and swift learning that is compatible with your personal and professional life"*

## Module 1. New Advances in Nutrition for Nutritionists

- 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-Nutritive Compounds
- 1.5. New Food
  - 1.5.1. Functional Nutrients and Bioactive Compounds
  - 1.5.2. Probiotics, Prebiotics, and Synbiotics
  - 1.5.3. Quality and Design
- 1.6. Organic food
- 1.7. Transgenic Foods
- 1.8. Water as a Nutrient
- 1.9. Food Safety
  - 1.9.1. Physical Hazards
  - 1.9.2. Chemical Hazards
  - 1.9.3. Microbiological Hazards
- 1.10. New labelling and consumer information
- 1.11. Phytotherapy Applied to Nutritional Pathologies





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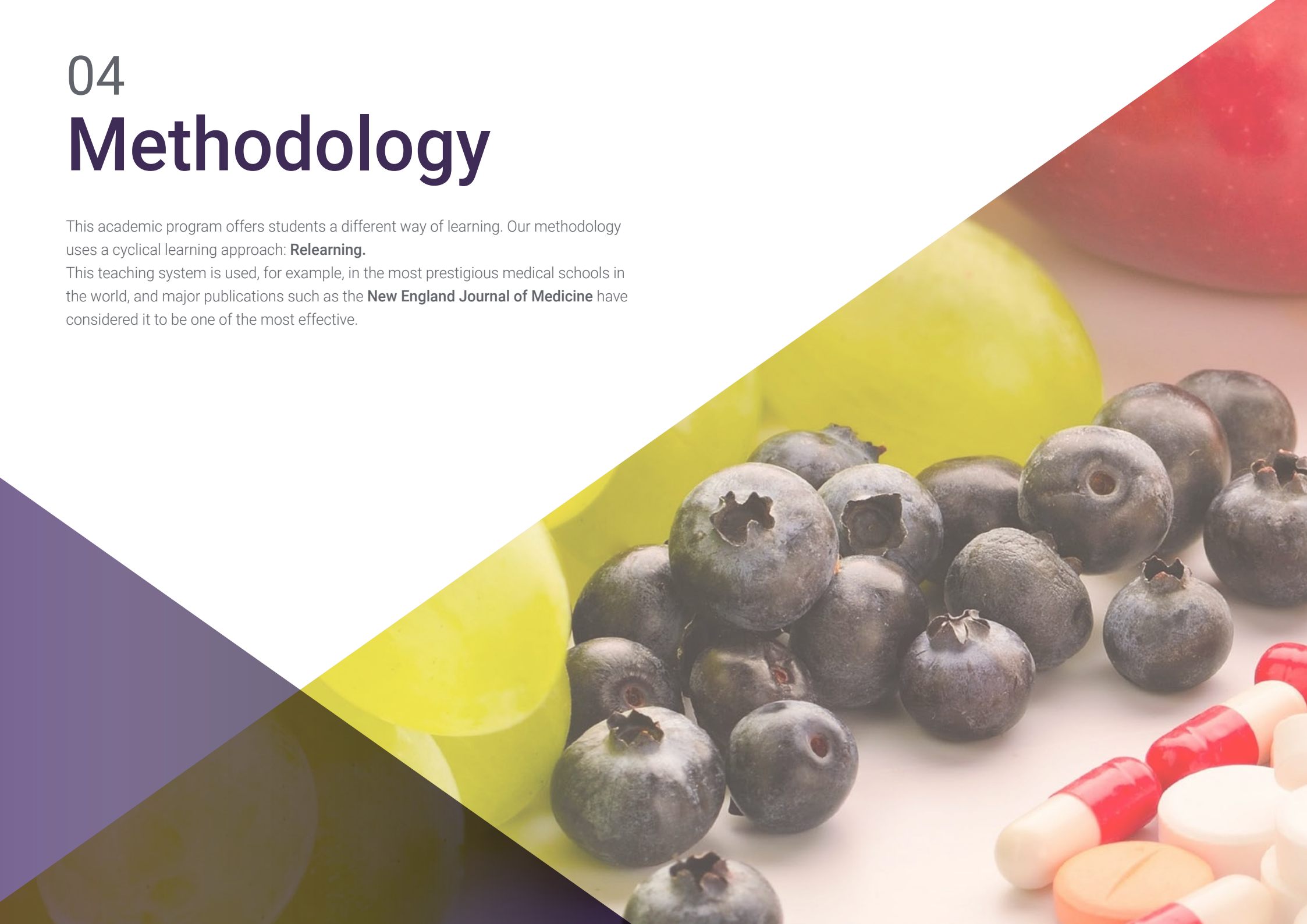
*A unique, key, and decisive educational experience to boost your professional development”*

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.







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*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.

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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 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 New Advances in Nutrition guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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

This **Postgraduate Certificate in New Advances in Nutrition** 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 New Advances in Nutrition**

Official N° of Hours: **125 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

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