

# Postgraduate Certificate

## Nutrigenetics: Key Polymorphisms



## Postgraduate Certificate

### Nutrigenetics: Key Polymorphisms

Course Modality: **Online**

Duration: **2 months**.

Certificate: **TECH Technological University**

**6 ECTS Credits**

Teaching Hours: **150 hours**.

Website: [www.techtute.com/nutrition/postgraduate-certificate/nutrigenetics-key-polymorphisms](http://www.techtute.com/nutrition/postgraduate-certificate/nutrigenetics-key-polymorphisms)

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# 01

# Introduction

Increase your professional skills in the field of Nutrigenetics thanks to this specific program on Key Polymorphisms. A training that will allow you to improve your daily practice with the help of the best teaching methodology.





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*Give your career a boost thanks to this program in Nutrigenetics: Key Polymorphisms and enter this innovative field"*

This course details everything a health professional needs to know about Nutrigenetics and Key Polymorphisms. Thus, the material is organized in such a way as to advance knowledge without leaving doubts or gaps in information. It is the best training on the market, because it offers the opportunity to learn online all the innovation in the field of Nutritional Genomics.

Specifically, this program presents the Key Polymorphisms that exist to date related to human nutrition and metabolic processes. In addition, the main SNPs (Single Nucleotide Polymorphisms) that the professional will be able to use in their clinical practice are analyzed in depth and the key studies that provide scientific support for these SNPs are discussed.

The detailed presentation of each SNP, explaining the most relevant studies that would support the use of each SNP in future studies or in clinical practice is one of the strengths of this course.

This **Postgraduate Certificate** provides students with specific tools and skills to successfully develop their professional activity related to Nutritional Genomics and Precision Nutrition.

As it is an online **Postgraduate Certificate**, the student is not conditioned by fixed schedules or the need to move to another physical location, but can access the contents at any time of the day, balancing their work or personal life with their academic life.

This **Postgraduate Certificate in Nutrigenetics: Key Polymorphisms** contains the most complete and up-to-date scientific program on the market" The most important features of the program include:

- The development of case studies presented by experts in Nutritional Genomics and Precision Nutrition.
- The graphic, schematic, and eminently practical contents with which they are created contain information that is indispensable for professional practice.
- Practical exercises where self-assessment can be used to improve learning.
- Special emphasis on innovative methodologies in Nutrigenetics and Polymorphisms
- 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



*Get trained in the broad field of Nutrigenetics and offer specialized treatments to your patients"*

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*This Postgraduate Certificate is the best investment you can make in selecting a refresher program to update your knowledge in Nutrigenetics and Polymorphisms”*

Its teaching staff includes professionals from the field of nutrition, who contribute their work experience to this program, as well as renowned specialists from prestigious 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 immersive training programmed to train in real situations.

This program is designed around Problem Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this, the professional will be assisted by a innovative interactive video system made by recognized experts in the Key Polymorphisms of Nutrigenetics and with great experience.

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

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



# 02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the nutrition professional can master in a practical and rigorous way the study of Nutritional Genomics and Precision Nutrition.







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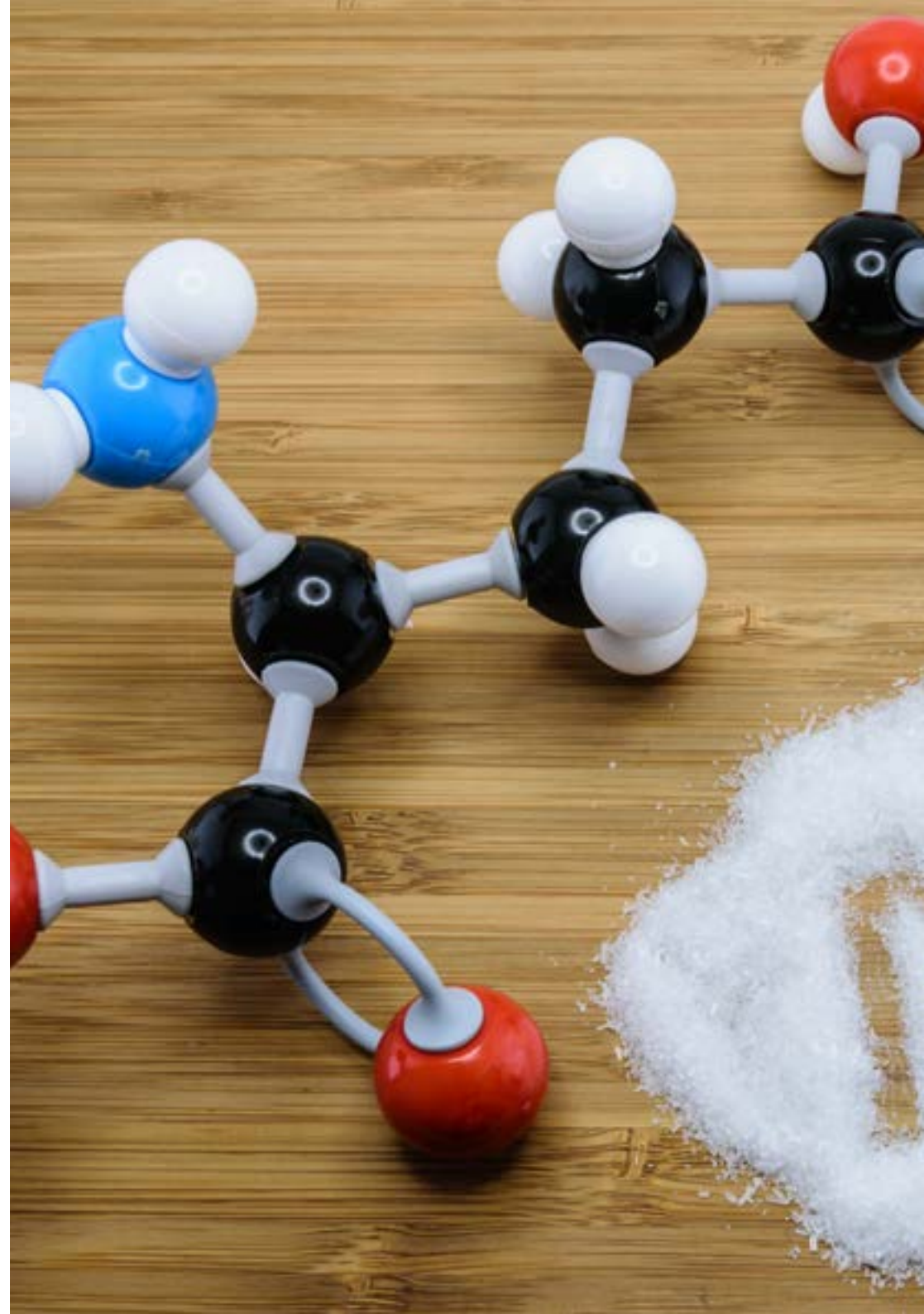
*This refresher program will provide you with a sense of confidence in your daily work, which will help you grow both personally and professionally”*



## General Objectives

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- ♦ Acquire theoretical knowledge of human population genetics.
- ♦ Acquire knowledge of Nutritional Genomics and Precision Nutrition to be able to apply it in clinical practice.
- ♦ Learn about the trajectory of this innovative field and the key studies that contributed to its development.
- ♦ Know in which pathologies and conditions of human life Nutritional Genomics and Precision Nutrition can be applied.
- ♦ Be able to assess individual response to nutrition and dietary patterns in order to promote health and disease prevention.
- ♦ Understand how nutrition influences gene expression in humans.
- ♦ Learn about new concepts and future trends in the field of Nutritional Genomics and Precision Nutrition.
- ♦ Adapt personalized dietary and lifestyle habits according to genetic polymorphisms.
- ♦ Provide health professionals with all the up-to-date knowledge in the field of Nutritional Genomics and Precision Nutrition in order to know how to apply it in their professional activity.
- ♦ Put all the up-to-date knowledge in perspective. Where we are now and where we are headed so that the student can appreciate the ethical, economic and scientific implications in the field.





## Specific Objectives

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- Present the Key Polymorphisms to date related to Human Nutrition and Metabolic Processes that the Professional needs to know about
- Analyze the Key Studies that support these Polymorphisms and the debate, where it exists.

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*Take the step and join  
one of the largest online  
universities in the world”*

# 03

# Course Management

The Postgraduate Certificate includes in its teaching staff leading experts in Nutritional Genomics and Precision Nutrition, who bring the experience of their work to this program. Additionally, other recognized experts participate in its design and preparation, completing the program in an interdisciplinary manner.



# Meta Analysis Report



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Leading professionals in the field have come together to teach you the latest advances in Nutrigenetics: Key Polymorphisms”

## Management



### Dr. Konstantinidou, Valentini

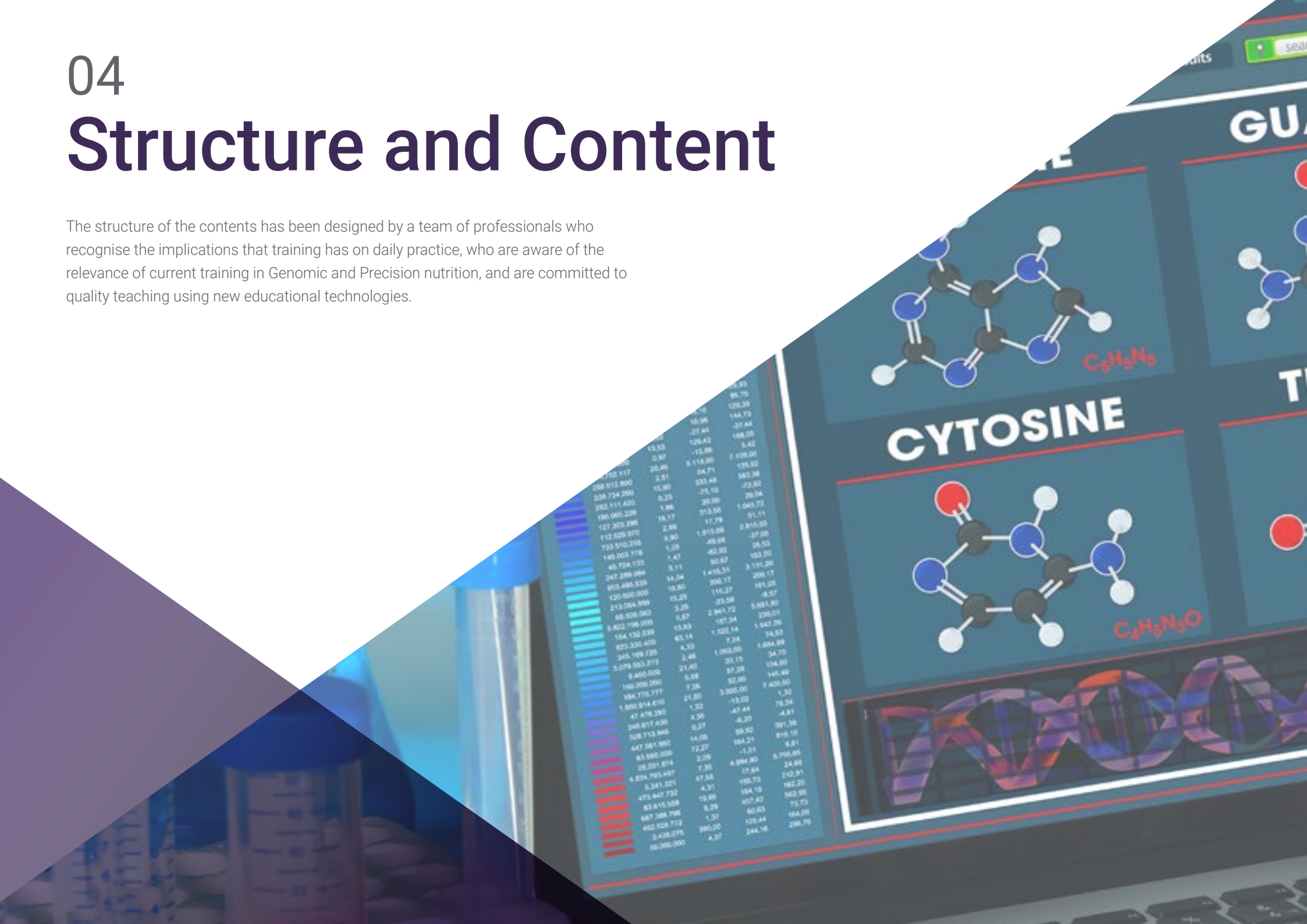
- ♦ D. in Biomedicine
- ♦ Lecturer in Nutrigenetics
- ♦ Founder of DNANUTRICOACH®
- ♦ Dietitian- Nutritionist
- ♦ Food Technologist



# 04

# Structure and Content

The structure of the contents has been designed by a team of professionals who recognise the implications that training has on daily practice, who are aware of the relevance of current training in Genomic and Precision nutrition, and are committed to quality teaching using new educational technologies.







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*We have the most complete and up-to-date scientific program on the market. We strive for excellence and for you to achieve it too"*

## Module 1. Nutrigenetics II - Key Polymorphisms

- 1.1. Obesity-Related SNPs
  - 1.1.1. The Story of the "Obese Monkey"
  - 1.1.2. Appetite Hormones
  - 1.1.3. Thermogenesis
- 1.2. Vitamin-Related SNPs
  - 1.2.1. Vitamin D
  - 1.2.2. B Complex Vitamins
  - 1.2.3. Vitamin E
- 1.3. Exercise-Related SNPs
  - 1.3.1. Strength vs. Competition
  - 1.3.2. Sports Performance
  - 1.3.3. Injury Prevention/Recovery
- 1.4. Oxidative Stress/Detoxification-related SNPs
  - 1.4.1. Genes Encoding Enzymes
  - 1.4.2. Anti-Inflammatory Processes
  - 1.4.3. Phase I+II of Detoxification
- 1.5. SNP related to Addictions
  - 1.5.1. Caffeine
  - 1.5.2. Alcohol
  - 1.5.3. Salt



- 1.6. SNP related to Flavor
  - 1.6.1. Sweet Taste
  - 1.6.2. Salty Taste
  - 1.6.3. Bitter Taste
  - 1.6.4. Acid Taste
- 1.7. SNP vs Allergies vs Intolerances
  - 1.7.1. Lactose
  - 1.7.2. Gluten
  - 1.7.3. Fructose
- 1.8. PESA Study

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

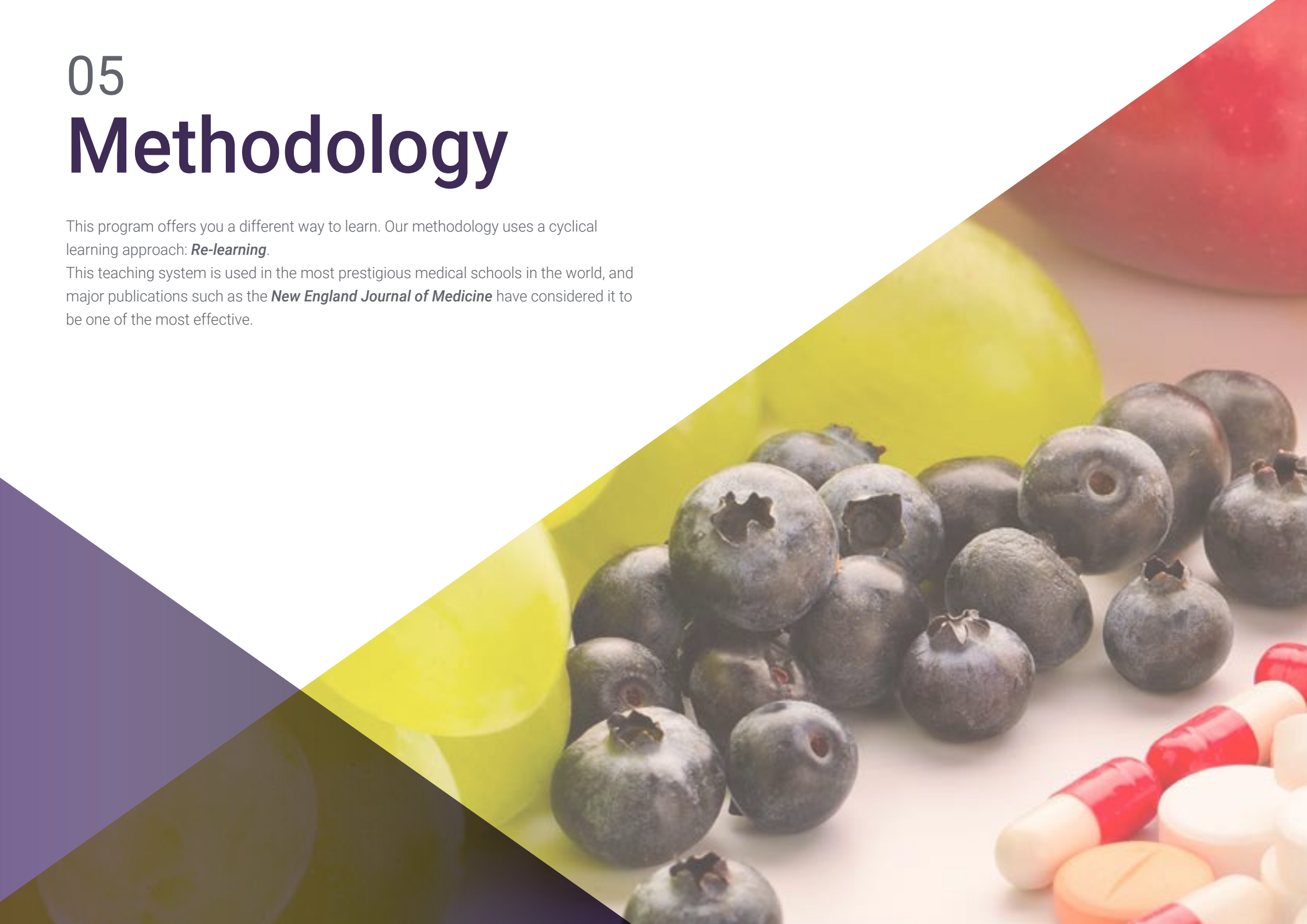


05

# Methodology

This program offers you a different way to learn. 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 an abundance of 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 manual/practical 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.

*Re-learning 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 (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 multimedia content presentation training system 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 training.





**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

**Postgraduate Certificate in Nutrigenetics: Key Polymorphisms** guarantees you, in addition to the most rigorous and up-to-date training, access to a **Postgraduate Certificate** qualification issued by **TECH Technological University**.



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*Add to your CV a Postgraduate Certificate in Nutrigenetics: Key Polymorphisms and become a highly competitive professional”*

This **Postgraduate Certificate in Nutrigenetics: Key Polymorphisms** 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 Nutrigenetics: Key Polymorphisms**

ECTS: **6**

Official Number of Hours: **150**



\*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 quality

online training

development languages

virtual classroom

**tech** technological  
university

**Postgraduate Certificate**

Nutrigenetics:

Key Polymorphisms

Course Modality: Online

Duration: 2 months.

Certificate: TECH Technological University

6 ECTS Credits

Teaching Hours: 150 hours.

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