

# Postgraduate Certificate Nutrition and Dietetics

Endorsed by the NBA





## Postgraduate Certificate Nutrition and Dietetics

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

Website: [www.techtitute.com/in/nutrition/postgraduate-certificate/nutrition-dietetics](http://www.techtitute.com/in/nutrition/postgraduate-certificate/nutrition-dietetics)

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# 01

# Introduction

Currently, the World Health Organization has warned about the increase of obesity cases in the world, as well as about the deficits of low weight in vulnerable populations. For this reason, it is important that professionals in this field have a broad knowledge of the nutrients and foods that should be consumed at each stage of life. They should also contribute to the construction of plans that promote the importance of good nutrition and the creation of collective awareness of this aspect. This is precisely what this program offers, which can be completed 100% online, a benefit that will allow students to have greater control over their time.







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*Become the best professional experts in Nutrition and Dietetics, thanks to this program that will allow you to expand your knowledge”*

Nutrition and Dietetics have become two very relevant elements in the current context, since the importance of a healthy diet for wellbeing and disease prevention is increasing. Likewise, due to new lifestyles dominated by fast food and lack of exercise, the role of professionals in this field is an effective alternative.

Therefore, this Postgraduate Certificate in Nutrition and Dietetics seeks to train students with a wide range of topics related to the assessment of nutritional status according to each stage of life, including nutrition during pregnancy. In addition, you will master concepts on weight control and food consumption disorders, with the objective of implementing strategies that contribute to treat them in a professional manner.

It will also provide a broad overview of the assessment of nutritional status in communities, including nutritional epidemiology and the different types of food surveys and their management, through the evaluation of individual consumption to understand nutrition at the community level.

And all this, through the innovative Relearning methodology, which allows the degree to be taught 100% online, an opportunity with which the student will be able to study from anywhere and at any time he/she wishes, since he/she will have access to the multimedia resources 24 hours a day. In addition, it will enhance your problem-solving skills, since you will analyze practical cases that will place you in the simulation of a real environment.

This **Postgraduate Certificate in Nutrition and Dietetics** 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 Nutrition and Dietetics
- 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
- 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



*A Postgraduate Certificate program that will allow you to perfect your skills and create balanced diets that will have a positive impact on people's health"*

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*With the knowledge you will acquire about the nutritional needs that are created in pregnant women, you will achieve adequate diets that meet the demand for nutrients”*

*With this program, you will evaluate the eating habits generated in collective spaces and generate alternatives to make them healthier.*

*Expand your knowledge in Nutrition and Dietetics completely online, thanks to the Relearning methodology.*

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

Its 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 education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. This will be done with the help of an innovative system of interactive videos made by renowned experts.



# 02 Objectives

The fundamental purpose of this academic program is to provide students with specialized knowledge in the planning of balanced diets that meet the needs according to the demographic group and in the participation in health promotion projects. This will allow them to broaden their concepts in this field and improve their skills to skillfully approach the intervention of activities that contribute to the education of good nutrition.







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*Design food plans according to the physical needs of each person and integrating the concepts you will learn in this program”*



## General Objectives

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- ♦ Identify the main quality processes to which food products are subjected
- ♦ Apply knowledge of food chemistry in dietetics and nutrition
- ♦ Analyze new technologies and their contribution to the food production process



*Do you want to achieve excellence? With this Postgraduate Certificate program that will be one more goal accomplished”*







## Specific Objectives

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- ◆ Innovate and design new processes and products that meet market needs in different aspects such as assessing the degree of acceptability of such products, establishing their production costs and environmental risks
- ◆ Ability to intervene in health promotion activities, at the individual and collective level, contributing to the nutritional education of the population
- ◆ Manage and propose collective catering services and propose food programs suitable for different groups, ensuring the quality and food safety of the food managed and providing adequate training to the personnel involved
- ◆ Study and interpret reports and administrative files related to a product, in order to be able to give a reasoned answer to the question that arises
- ◆ Calculate and establish healthy dietary guidelines to assess the nutritional status of individuals and groups
- ◆ Develop menu planning for groups and design and interpret food surveys

# 03

## Structure and Content

The academic program of this Postgraduate Certificate has been designed by the best experts in Nutrition. In this way, the student will acquire specialized and updated knowledge about the appropriate diets that should be consumed at each stage of life, as well as those that should be implemented in patients with some type of stomach disease. This, based on the review of multimedia resources and the study of case studies, will allow students to improve their professional skills in this field.





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*With this incredible curriculum you will master the most effective techniques to determine a patient's nutritional status and build a diet accordingly”*



## Module 1. Nutrition and dietetics

- 1.1. Techniques to determine nutritional status
  - 1.1.1. Individual assessment. Medical, social and dietary history
  - 1.1.2. Methods for determining body composition (Densitometry, anthropometry, isotopes, urinary creatinine)
  - 1.1.3. Examination of the individual's physical appearance
  - 1.1.4. Biochemical Tests
- 1.2. Assessment of nutritional status in collectivities
  - 1.2.1. Nutritional epidemiology
    - 1.2.1.1. Types of food surveys
    - 1.2.1.2. Forms of survey management
  - 1.2.2. Evaluation of family consumption and evaluation of individual consumption
- 1.3. Nutrition during pregnancy
  - 1.3.1. Physiological changes during pregnancy
  - 1.3.2. Nutritional Requirements (Energy, Proteins, Carbohydrates, Lipids, Vitamins, Minerals)
  - 1.3.3. Physiological basis of the lactation process
  - 1.3.4. Pathophysiology during Pregnancy and breastfeeding
- 1.4. Infant Nutrition
  - 1.4.1. Infant Physiology
  - 1.4.2. Nutritional Requirements (Energy, Proteins, Lipids, Carbohydrates, Vitamins, Minerals)
  - 1.4.3. Infant Feeding Guidelines and Breastfeeding
    - 1.4.3.1. Composition of Breast Milk
    - 1.4.3.2. Artificial Breastfeeding
    - 1.4.3.3. Beikost



- 1.5. Nutrition in Childhood
  - 1.5.1. General Characteristics
  - 1.5.2. Nutritional Requirements
    - 1.5.2.1. Age in kindergarten
    - 1.5.2.2. School Age
    - 1.5.2.3. Determining factors and associated problems
- 1.6. Nutrition in adolescence and old age
  - 1.6.1. Anatomical-physiological characteristics in adolescence
  - 1.6.2. Adolescent Eating Habits
  - 1.6.3. Growth and Development
  - 1.6.4. Nutritional problems in adolescence
  - 1.6.5. Physiological changes in old age
  - 1.6.6. Recommended intakes and associated pharmacology
- 1.7. Weight control and food consumption disorders
  - 1.7.1. Body weight components and associated regional distribution
  - 1.7.2. Adipose tissue development and body weight regulation
  - 1.7.3. Obesity: prevalence, distribution, classification, causes and treatment
  - 1.7.4. Food consumption disorders
- 1.8. Diet in obesity, anorexia and bulimia
  - 1.8.1. Obesity treatment or management and dietary modifications
  - 1.8.2. Low-calorie and maintenance diet
  - 1.8.3. Exercise and medications
  - 1.8.4. Types and causes of anorexia
  - 1.8.5. Treatment and diagnosis
  - 1.8.6. Treatment and diagnosis of bulimia

- 1.9. Nutrition in cardiovascular disease and hypertension
  - 1.9.1. Introduction: prevalence and mortality
    - 1.9.1.1. Pathophysiology and risk factors for cardiovascular disease
    - 1.9.1.2. Relationship of dietary factors to serum lipids
    - 1.9.1.3. Preventive measures for cardiovascular disease
    - 1.9.1.4. Treatment and associated diet therapy
  - 1.9.2. Concept and pathophysiology of hypertension
  - 1.9.3. Factors related to diet and treatment
  - 1.9.4. Sodium-controlled diets
- 1.10. Diet in diseases of the digestive system
  - 1.10.1. Gastroesophageal Reflux
    - 1.10.1.1. Etiology and Pathophysiology
    - 1.10.1.2. Nutritional Treatment
  - 1.10.2. Acid Peptic Disease
    - 1.10.2.1. Nutritional Treatment
  - 1.10.3. Diarrhea and types
    - 1.10.3.1. Treatment of acute diarrhea and chronic diarrhea
  - 1.10.4. Treatment of constipation



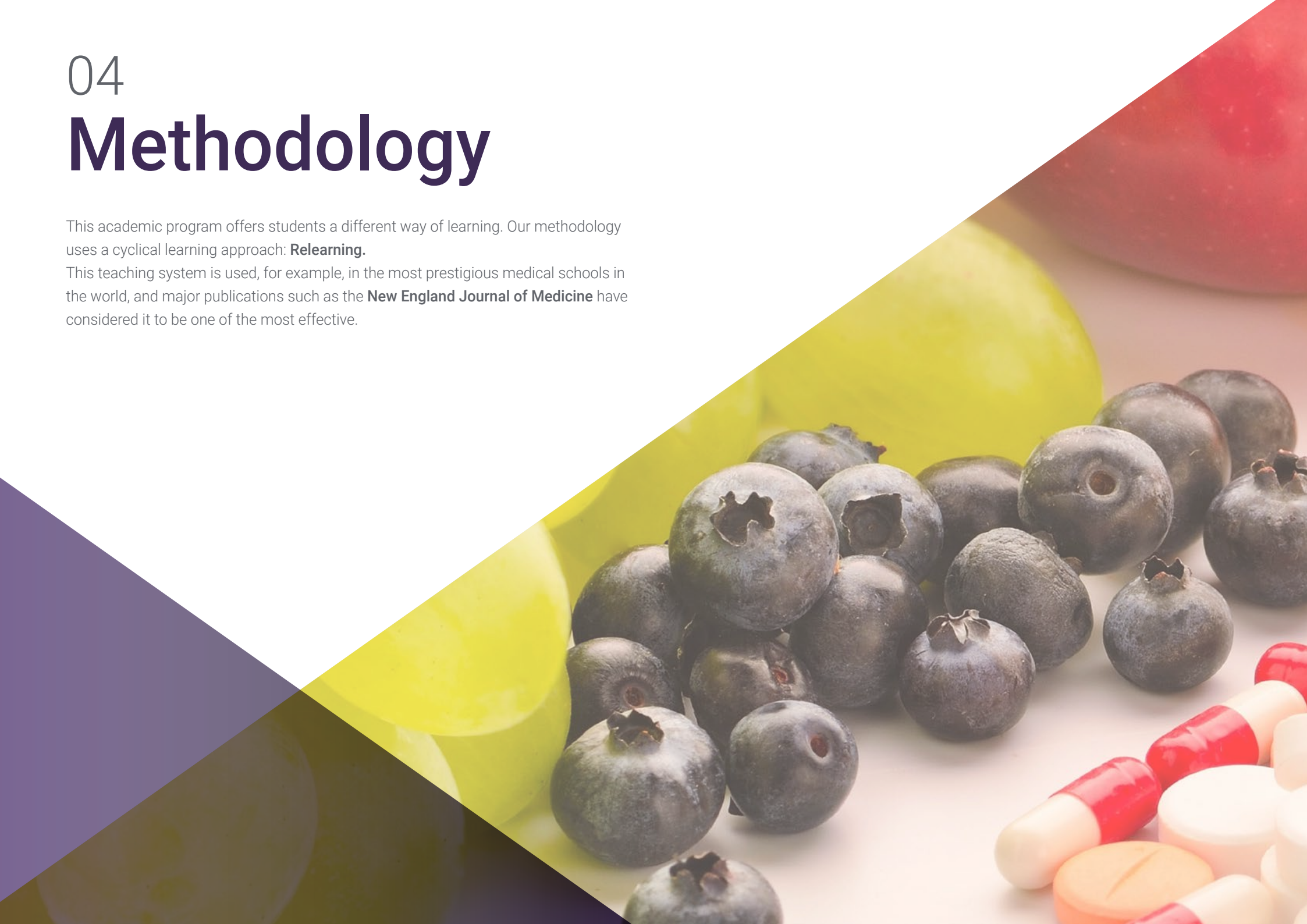
*Be the best in your professional field is possible with this Postgraduate Certificate program, don't hesitate any longer and start now"*

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 Nutrition and Dietetics 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 Nutrition and Dietetics** 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 certificate 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 Nutrition and Dietetics**

Official N° of Hours: **150 h.**

**Endorsed by the NBA**



\*Apostille Convention. In the event that the student wishes to have their paper certificate 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

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



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**tech** technological  
university