

Postgraduate Certificate

Nutrition in Overweight, Obesity
and their Comorbidities





Postgraduate Certificate

Nutrition in Overweight, Obesity and their Comorbidities

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

Website: www.techtute.com/us/nutrition/postgraduate-certificate/nutrition-overweight-obesity-comorbidities

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01

Introduction

The numbers of people who are overweight or obese today are alarming. This is due, according to specialists, to the increase in the intake of high-calorie foods that are rich in fat and the decrease in physical activity due to the increasingly sedentary nature of the population. For this reason, the role of the nutritionist is more important than ever, which is why they have to be up to date on scientific evidence that allows them to develop more effective and healthy eating plans for these patients. You will find everything you need to know to stay up to date in this 100% online program prepared by experts in Diet Therapy and Endocrinology: pathophysiology of the disease, diagnosis, diet models, associated comorbidities, etc.



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TECH presents this compact Postgraduate Certificate as a unique opportunity for the nutritionist to catch up on the latest aspects related to overweight and obesity 100% online”

According to the World Health Organization, since 1975 and until now, the number of people with obesity and overweight has tripled, with the number of children and adolescents suffering from this disease being alarming. This is mainly due to the increasingly frequent intake of high-calorie foods and the decrease in physical activity. This situation causes millions of deaths annually throughout the planet and its appearance can be prevented.

That is why the figure of the nutritionist takes on special relevance today, since having the knowledge that allows regulating nutrition in an adequate and personalized way can help, not only to improve the quality of life of thousands of patients, but also to save them. . For this reason, and with the aim that the professional can keep up to date with the latest developments in the sector, TECH has developed this Postgraduate Certificate in Nutrition in Overweight, Obesity, and their Comorbidities. This is a compact and intensive program that collects the most up-to-date information related to the nutritional treatment of patients with this pathology.

All this through a comfortable and accessible 100% online degree that includes the best theoretical and practical syllabus, the collaboration of a teaching team versed in the Nutrition and Endocrinology sector, hours of additional material in different formats and the possibility of access the Virtual Classroom with a completely personalized schedule. In this way, the graduates will be able to combine the academic experience with any other activity, without neglecting their professional priorities, while investing their time in perfecting their skills and abilities.

This **Postgraduate Certificate in Nutrition in Overweight, Obesity and their Comorbidities** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of practical cases presented by experts in Nutrition and Endocrinology
- ◆ 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



You will be able to delve deeper into the phenotypic diagnosis through body composition and calorimetry in personalized treatment”

“

The Postgraduate Certificate will give you the keys to establish treatment objectives according to the patient's needs and the most current models of low-calorie diets recommended for each case"

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious 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 education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, through which the professional must try to solve the different professional practice situations that arise throughout the academic year. In order to do this, you will have the help of a new interactive video system made by renowned experts.

You can access the Virtual Classroom through any PC, tablet or mobile phone with an internet connection and 24 hours a day.

In less than 6 weeks you will have managed to catch up on everything related to cardiovascular risk and nutritional adaptations of overweight patients.

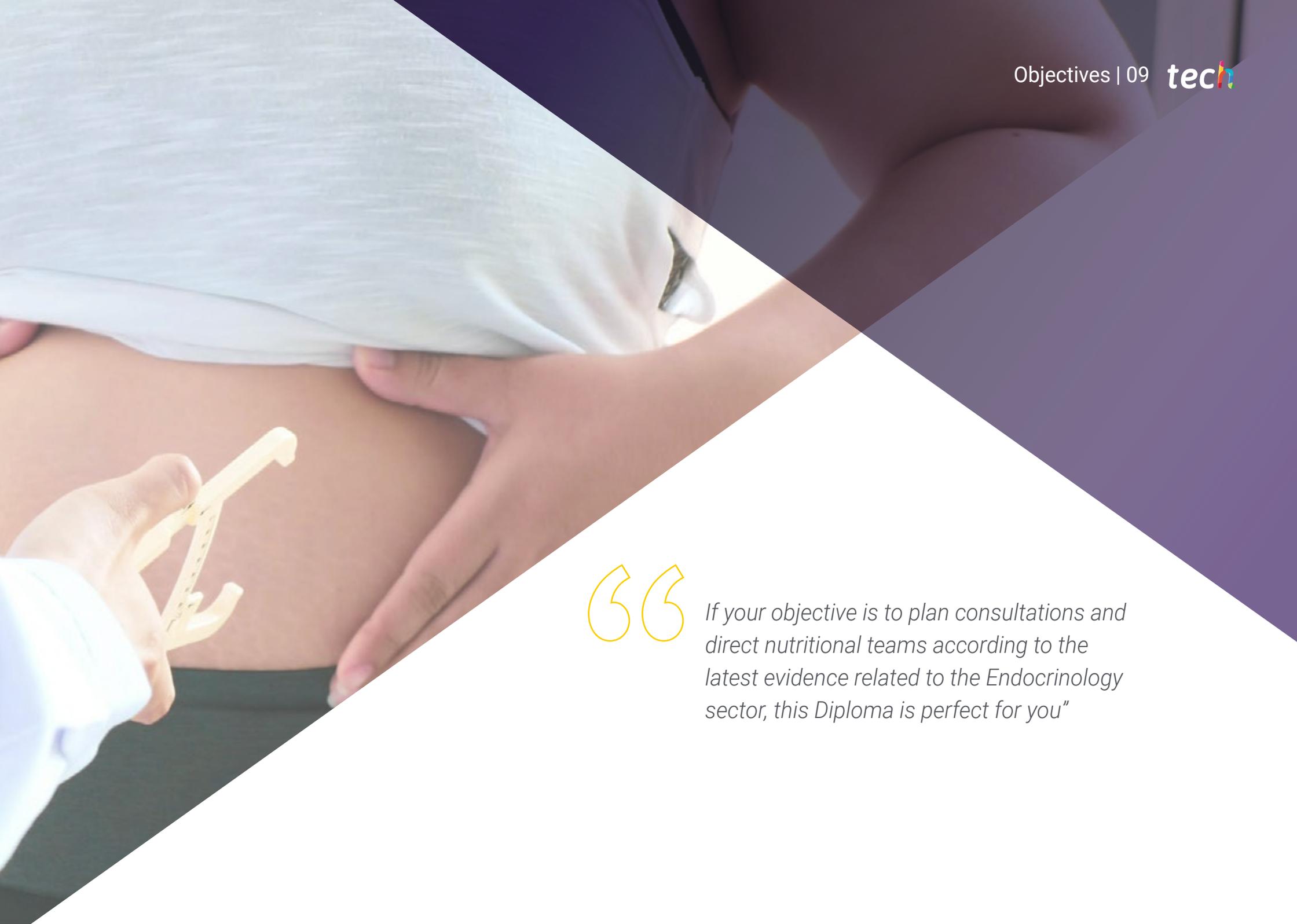


02

Objectives

The alarming numbers of overweight and obese patients are what motivated TECH to develop this Postgraduate Certificate. For this reason, its objective is to serve as a guide for the graduate in updating everything related to the development of personalized low-calorie diets, early diagnosis and prevention of this disease. In order to do this, it will have the most sophisticated and avant-garde academic technology and the best academic material in the sector.





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If your objective is to plan consultations and direct nutritional teams according to the latest evidence related to the Endocrinology sector, this Diploma is perfect for you”



General Objectives

- ◆ Acquire extensive and updated knowledge about the current situation of the world's overweight and obese population
- ◆ Improve the professional skills and competencies necessary to carry out the management of patients of this type in accordance with the latest demonstrable scientific evidence

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The agenda includes the latest news related to nutritional adaptations for patients who have undergone bariatric and endoscopic surgeries”





Specific Objectives

- ◆ Adapt the assessment of the clinical case and the interpretation of the causes of overweight and obesity, comorbidities and risks
- ◆ Calculate and individually prescribe the different models of hypocaloric diets
- ◆ Plan consultations and multidisciplinary team in obesity

03

Course Management

Both the management and teaching of this Postgraduate Certificate are carried out by a group of professionals from different areas of Endocrinology and Nutrition with an extensive curriculum in the management of overweight and obese patients. Furthermore, these are specialists with a very high human quality, who have invested their time in developing the best syllabus and creating the most varied additional content, thus demonstrating their commitment to the academic and professional growth of the graduate.





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A program developed by and for Nutrition professionals who want to continue perfecting their skills through the course of qualifications adapted to their needs and those of the market”

Management



Dr. Vázquez Martínez, Clotilde

- ♦ Corporate Head of the Endocrinology and Nutrition Departments, Jiménez Díaz La Foundation
- ♦ Head of the Endocrinology and Nutrition Service at Móstoles University Hospital
- ♦ Head of the Endocrinology and Nutrition Service at Móstoles University Hospital
- ♦ President of La Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid SENDIMAD ()
- ♦ Coordinator Therapeutic Education Group Group of the Spanish Society of Diabetes
- ♦ Doctorate from the Faculty of Medicine at the Autonomous University of Madrid
- ♦ Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia
- ♦ Specialist in Pediatric Endocrinology and Nutrition at the university Foundation Jimenez Diaz Hospital
- ♦ Abraham García Almansa Clinical Nutrition Lifetime Achievement Award
- ♦ Recognized among the 100 best Doctors in Spain according to Forbes list
- ♦ Castilla - La Mancha Diabetes Foundation (FUCAMDI) Diabetes and Nutrition Lifetime Achievement Award



Dr. Montoya Álvarez, Teresa

- ♦ Head of the Endocrinology and Nutrition Service of the Infanta Elena University Hospital
- ♦ Head of Volunteering at the Garrigou Foundation
- ♦ Graduate in Medicine and Surgery from Universidad de Navarra
- ♦ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ♦ Course in Bariatric Antecedents of Surgery Patient Emergencies: Key References for the Attending Physician
- ♦ Member of: Jiménez Díaz Foundation Health Research Institute
- ♦ Member of: FEAPS Madrid Health Commission
- ♦ Member of: Trisomy 21 Research Society



Dr. Sánchez Jiménez, Álvaro

- ♦ Nutritionist at the Foundation Jimenez Diaz Hospital - Medicadiet
- ♦ Nutritionist at Estudio Predimed Plus, responsible for patients at the Mirasierra health center
- ♦ Nutritionist at Eroski and Axis Clinic
- ♦ Postgraduate Certificate in Human Nutrition and Dietetics at the Complutense University of Madrid

Professors

Dr. Prieto Moreno, Ana

- ◆ Nutritionist in the Department of Endocrinology and Nutrition at Jiménez university Foundation Hospital
- ◆ Nutritionist at the General Hospital of Villalba
- ◆ Nutritionist at the Infanta Elena University Hospital
- ◆ Nutritionist in the Superior Sports Council
- ◆ Nutritionist at WWF
- ◆ Nutritionist at Medicadiet
- ◆ Nutritionist at Sanitas Insurance Company
- ◆ Nutritionist at La Paz University Hospital
- ◆ Nutritionist at the Mapfre Foundation
- ◆ Nutritionist at Copernal Publishing
- ◆ Nutritionist at Diabetes Magazine
- ◆ Master in Obesity and its Comorbidities, Prevention Strategies, Diagnosis and Integral Treatment at the University of Alcalá
- ◆ Master in Physical Anthropology, Human Evolution and Biodiversity at the Complutense University of Madrid
- ◆ Degree in Human Nutrition and Dietetics at the Autonomous University of Madrid

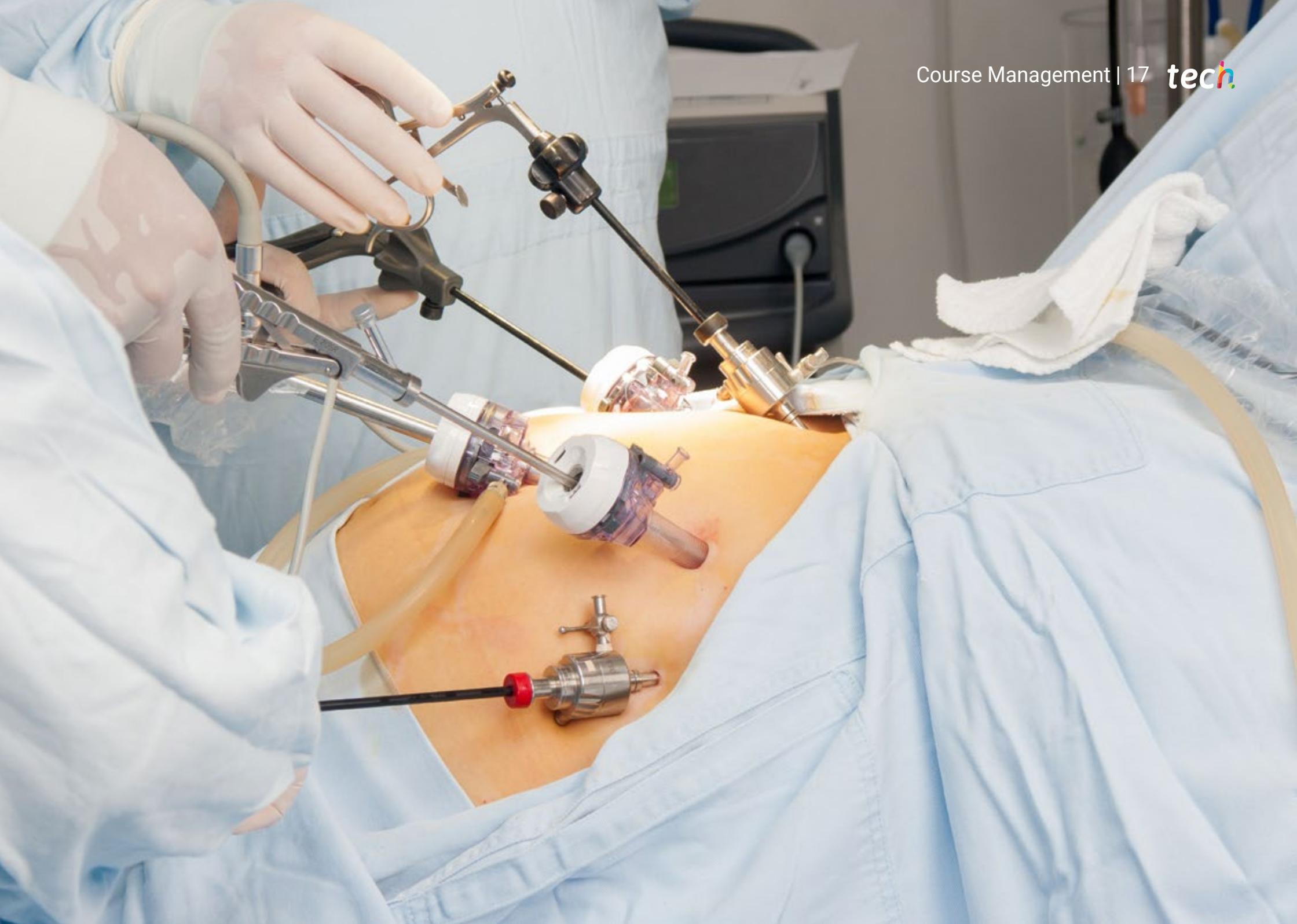
Dr. Sanz Martínez, Enrique

- ◆ Clinical Nutritionist at the University Hospital General de Villalba and Rey Juan Carlos University Hospital
- ◆ Dietitian in the project PLUS researcher in the Health Research Institute of the Jiménez Diaz Foundation
- ◆ Researcher and collaborator in the NUTRICOVID study

- ◆ Researcher and collaborator in the cross-sectional prospective OBESTIGMA study
- ◆ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ◆ Master's Degree in Clinical Nutrition at the Catholic University of San Antonio in Murcia
- ◆ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos

Dr. Labeira Candell, Paula

- ◆ Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- ◆ Sports and clinical nutritionist at the Clinic Institute of Overweight, Obesity
- ◆ Nutritionist Sports and Clinical at Medicadiet, Slimming & Nutrition
- ◆ Sports Nutritionist at the CF TrivalValderas de Alcorcón
- ◆ Food and water quality analyst in the Andalusian Health Service
- ◆ Diploma in Human Nutrition and Dietetics at the Pablo Olavide University of Seville
- ◆ Bachelor 's Degree in Food Science and Technology
- ◆ Diploma in Human Nutrition and Dietetics
- ◆ Master's Degree in Sports Training and Nutrition at the European University of Madrid



04

Structure and Content

Part of the success of TECH degrees lies in the use of real clinical cases as a learning methodology, in such a way that the graduate has to put their knowledge into practice, while perfecting their professional skills and abilities. This, added to the best and most exhaustive theoretical syllabus, allows this university to offer a new, modern and dynamic academic degree, perfect, in this case, to update your knowledge and allow you to catch up on everything related to Nutrition in patients with disabilities, overweight or obesity.

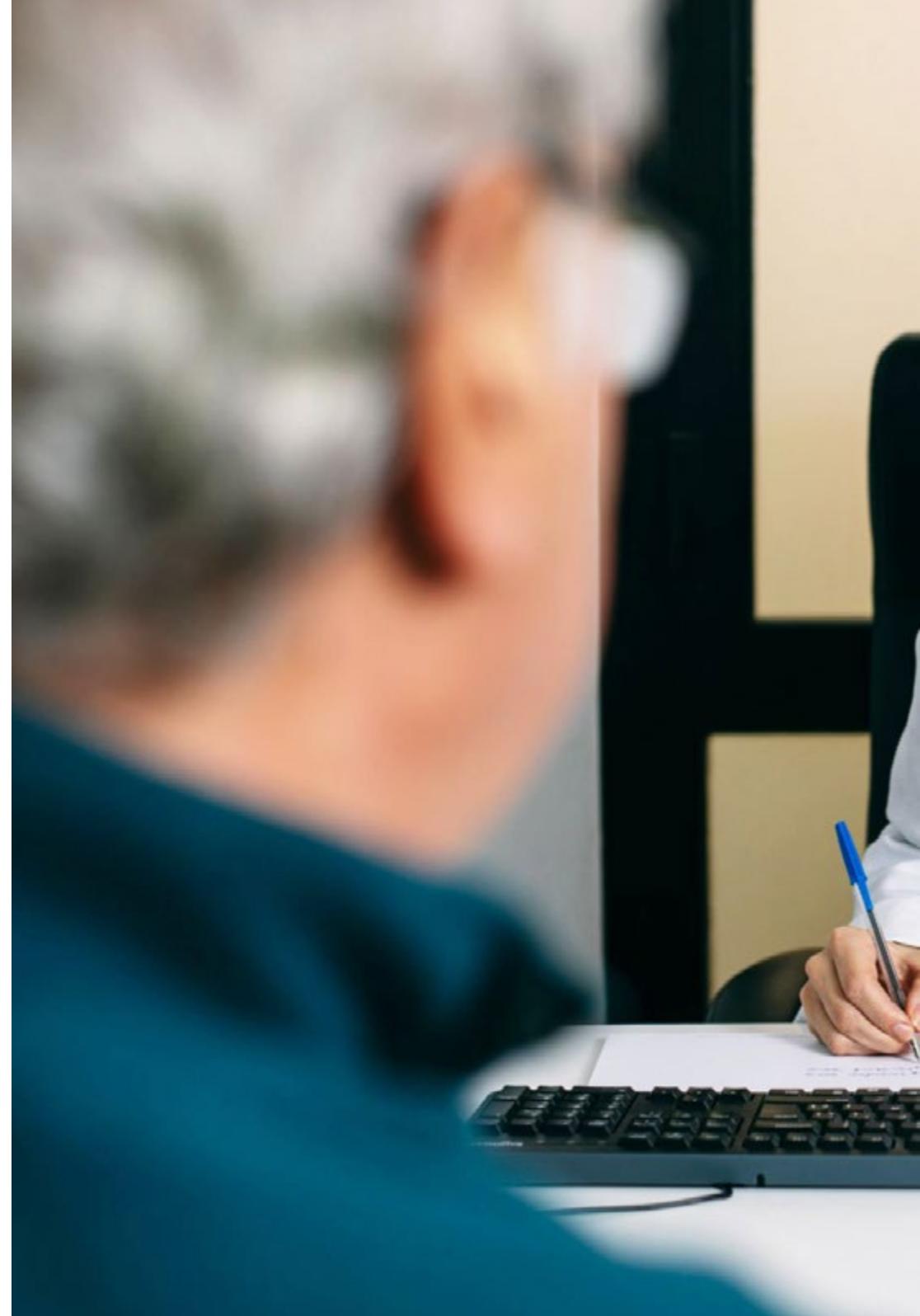


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You will also delve into the keys to the psychology associated with diet in losing weight, expanding your knowledge to other areas of action”

Module 1. Nutrition in Overweight, Obesity and their Comorbidities

- 1.1. Pathophysiology of Obesity
 - 1.1.1. Precision Diagnosis
 - 1.1.2. Analysis of Underlying Causes
- 1.2. Phenotypic Diagnosis
 - 1.2.1. Body Composition and Calorimetry and Impact on Personalized Treatment
- 1.3. Treatment Target and Hypocaloric Diet Models
- 1.4. Prescription of Physical Exercise in Overweight and Obesity
- 1.5. Psychology Associated with Slimming Nutrition: Psychonutrition
- 1.6. Comorbidities Associated with Obesity
 - 1.6.1. Nutritional Management in Metabolic Syndrome
 - 1.6.2. Insulin Resistance
 - 1.6.3. Type 2 Diabetes and Diabetes
- 1.7. Cardiovascular Risk and Nutritional Adaptations in Hypertension, Dyslipidemias and Atherosclerosis
- 1.8. Digestive Pathologies Associated with Obesity and Dysbiosis
- 1.9. Pharmacological Treatment in Obesity and Drug-Nutrient Interactions and Adaptation of the Nutritional Plan
- 1.10. Bariatric and Endoscopic Surgery
 - 1.10.1. Nutritional Adaptations





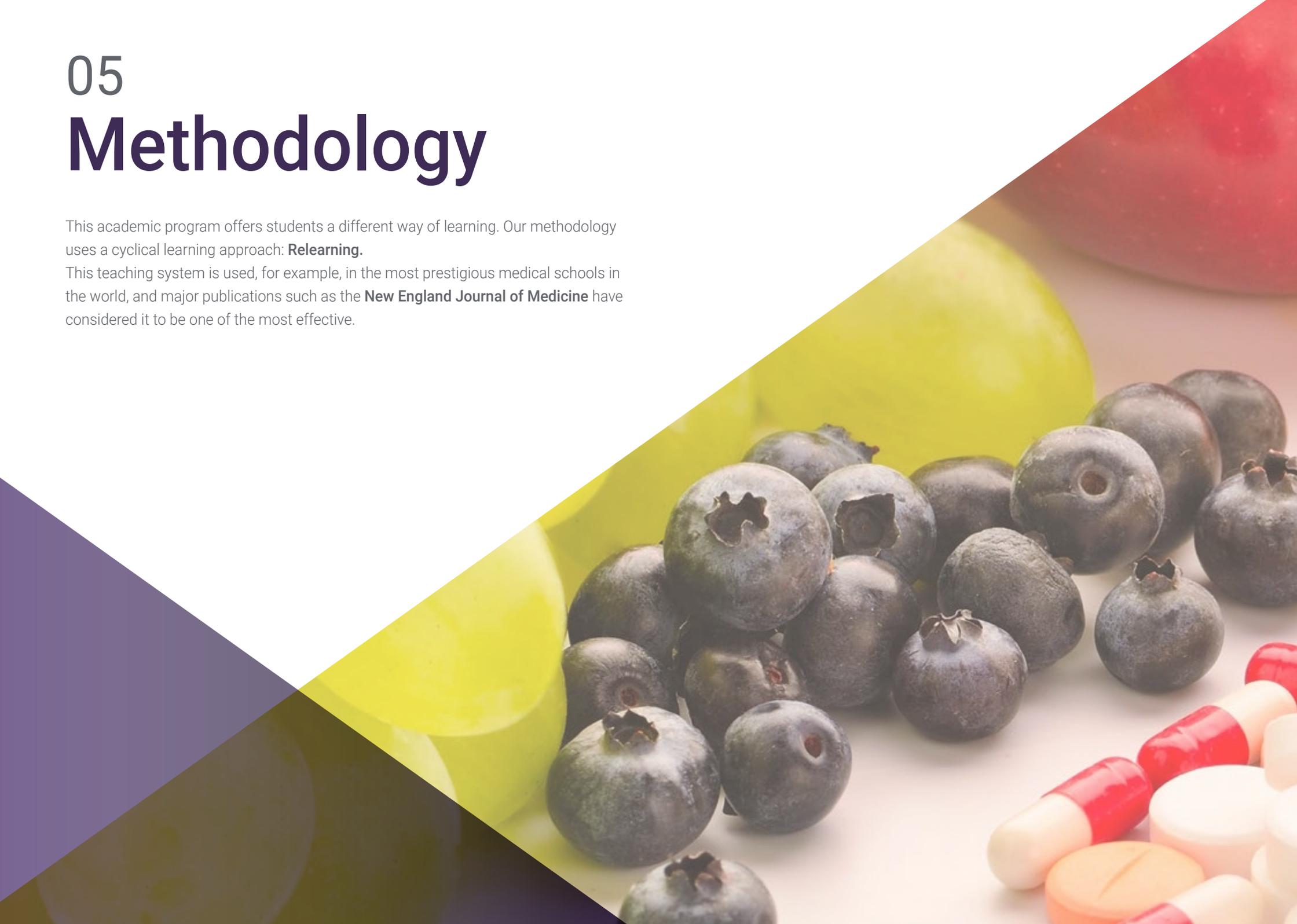
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If you are still not convinced, try to look for a degree that offers you a better opportunity than this one. We guarantee that you will not find it”

05 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.



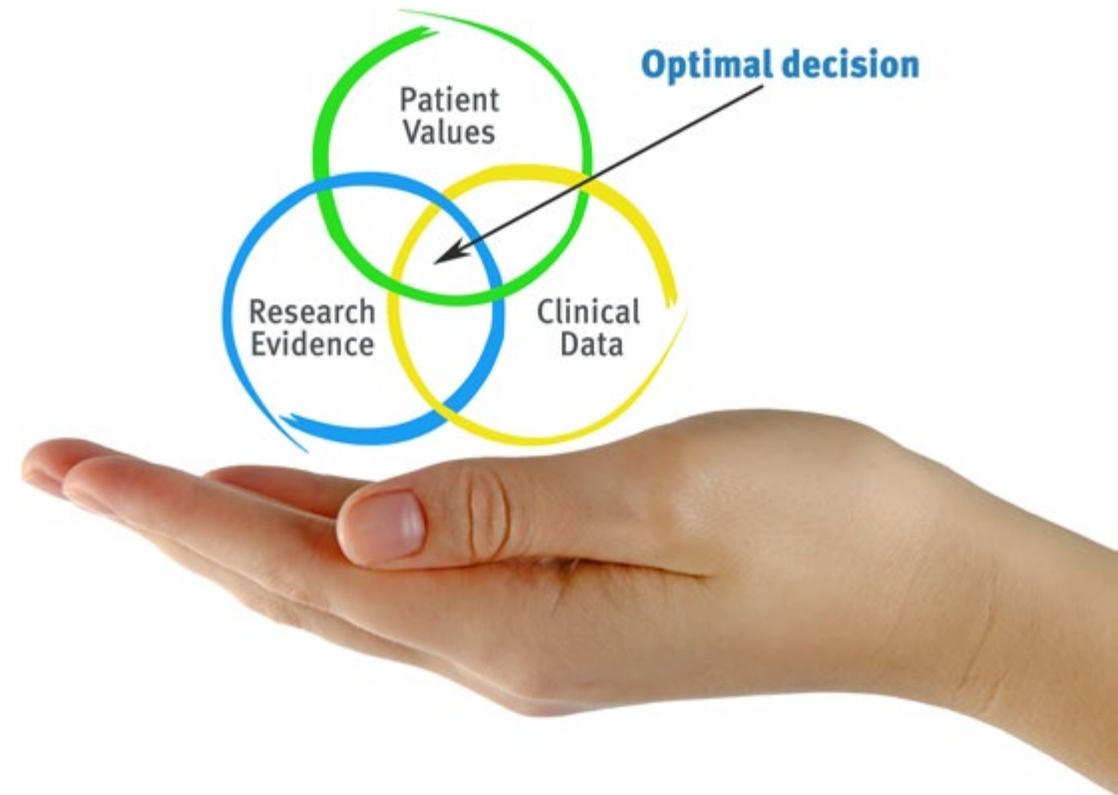
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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

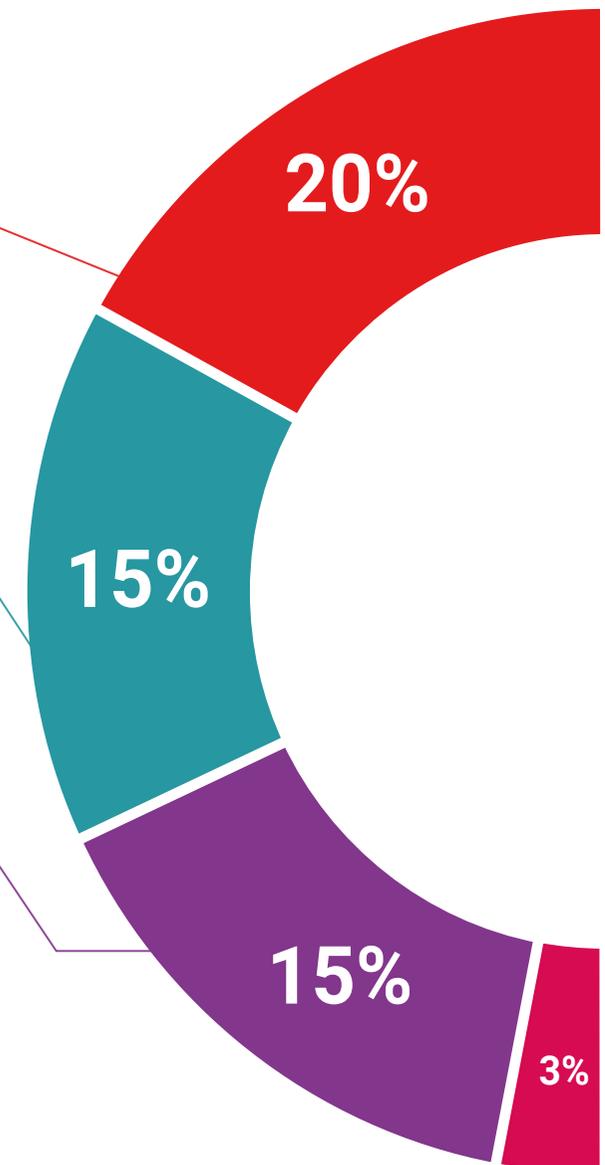
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

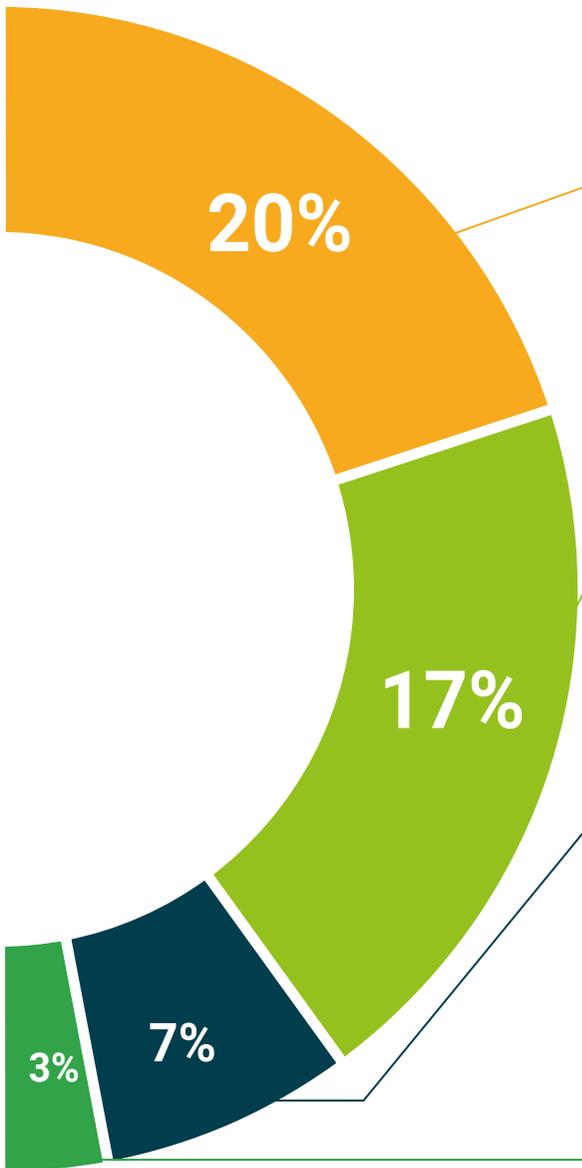
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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.



06

Certificate

The Postgraduate Certificate in Nutrition in Overweight, Obesity and their Comorbidities guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



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

This program will allow you to obtain your **Postgraduate Certificate in Nutrition in Overweight, Obesity and their Comorbidities** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

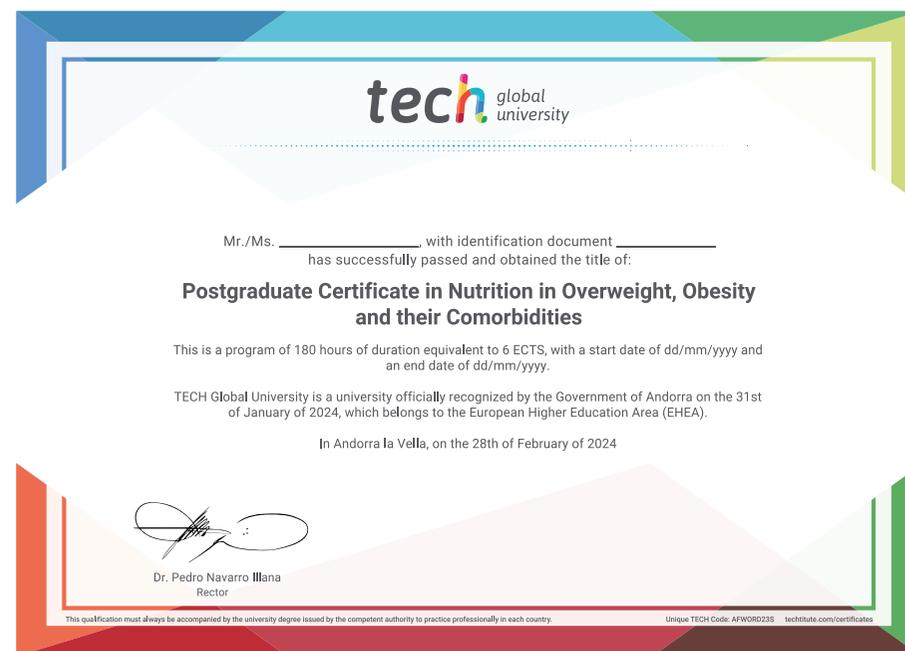
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Nutrition in Overweight, Obesity and their Comorbidities**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University 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

tech global
university

personalized service

innovation

knowledge

present

Postgraduate Certificate

Nutrition in Overweight, Obesity
and their Comorbidities

development

languages

virtual classroom

- » Modality: online
- » Duration: 6 weeks
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- » Schedule: at your own pace
- » Exams: online

Postgraduate Certificate

Nutrition in Overweight, Obesity
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