

Internship Program

Diet Therapy



tech global
university

Internship Program
Diet Therapy

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01 Introduction to the Program

Personalized nutritional control has become an essential component in the comprehensive treatment of patients with chronic diseases. Furthermore, diet therapy not only influences weight and metabolism management but also modulates cardiovascular risk markers. This is why pharmacists need to integrate the most advanced techniques into their daily practice to accurately assess nutritional status, design individualized dietary plans, and monitor patient progress. With this in mind, TECH has designed this program, in which graduates will spend 3 weeks working with a team of experts in diet therapy to stay up to date with the latest advances in the field.

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Through this Internship Program, you will master the most modern diet therapy techniques to create personalized dietary plans based on each patient's specific requirements”





According to a new study by the World Health Organization, more than 650 million people suffer from obesity, and 1.9 billion individuals are overweight. Given this reality, diet therapy has become a fundamental strategy for preventing and treating these pathologies, allowing personalized interventions that improve patient health. This highlights the importance of pharmacists staying at the forefront of the latest innovations in this field to provide highly safe nutritional counseling.

In this context, TECH has designed a program that includes a 120-hour internship at a leading clinical center in diet therapy. During the 3-week experience, graduates will become part of a top-level team of specialists, working actively in assessing the nutritional status of patients, designing personalized dietary plans, and implementing strategies for follow-up and clinical progress monitoring. Additionally, they will participate in applying evidence-based protocols, selecting supplements safely, and educating patients on healthy eating habits. As a result, pharmacists will gain advanced competencies to design highly safe and effective nutritional interventions.

It is worth mentioning that during this immersive experience, graduates will receive support from an assigned tutor who will ensure that all the requirements of the Internship Program are met. This guarantees that pharmacists will make evidence-based decisions and significantly strengthen their professional profile.

02

Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs, available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it has a huge faculty of more than 6,000 professors of the highest international prestige.

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TECH combines Relearning and the Case Method in all its university programs to guarantee excellent theoretical and practical learning by studying when you want and from wherever you want”





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Study at the largest online university in the world and ensure your professional success. The future begins at TECH”

The world's best online university, according to FORBES

The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

Forbes
The best online university in the world

The most complete
syllabus

The most complete syllabuses on the university scene

TECH offers the most complete syllabuses on the university scene, with programs that cover fundamental concepts and, at the same time, the main scientific advances in their specific scientific areas. In addition, these programs are continuously updated to guarantee students the academic vanguard and the most demanded professional skills, and the most in-demand professional competencies. In this way, the university's qualifications provide its graduates with a significant advantage to propel their careers to success.

The best top international faculty

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

TOP
international faculty

The most effective methodology

A unique learning method

TECH is the first university to use Relearning in all its programs. This is the best online learning methodology, accredited with international teaching quality certifications, provided by prestigious educational agencies. In addition, this innovative academic model is complemented by the "Case Method", thereby configuring a unique online teaching strategy. Innovative teaching resources are also implemented, including detailed videos, infographics and interactive summaries.

The world's largest online university

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.

World's No.1
The World's largest online university

The official online university of the NBA

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

Leaders in employability

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



Google Premier Partner

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.

The top-rated university by its students

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.

03

Teaching Objectives

Through this Internship Program, pharmacists will stand out for their solid understanding of the fundamentals of diet therapy. At the same time, graduates will develop advanced skills to assess the nutritional status of patients and design personalized dietary plans based on their specific needs. Moreover, professionals will master cutting-edge technological tools to monitor patients' progress. Additionally, they will be able to provide safe, evidence-based nutritional counseling that will improve individuals' overall long-term well-being.



General Objectives

- ♦ Understand the scientific fundamentals of diet therapy and its integration with pharmacotherapy
- ♦ Identify the effects of nutrition on the pharmacokinetics and pharmacodynamics of medications
- ♦ Design nutritional plans tailored to patients with prevalent chronic pathologies
- ♦ Evaluate the nutritional status of the patient as part of the overall therapeutic follow-up





Specific Objectives

- ♦ Delve into designing strategies for Nutritional Education and personalized patient care
- ♦ Master sophisticated nutritional assessment tools to detect relevant deficiencies or excesses in pharmacotherapy
- ♦ Design individualized diet plans compatible with pharmacological treatments
- ♦ Advise on balanced diets that do not interfere with pharmacological treatments in children and adolescents
- ♦ Design nutritional intervention plans for patients with celiac disease
- ♦ Formulate low-protein or low-sodium diets compatible with pharmacological treatments
- ♦ Understand the role of diet in managing conditions such as diabetes, hypothyroidism, or celiac disease
- ♦ Promote dietary strategies to preserve cognitive function in chronic patients
- ♦ Address malnutrition and cachexia through personalized nutritional plans
- ♦ Apply principles of equity in recommending healthy and accessible foods

04 Internship

The Internship Program of this Diet Therapy program consists of a practical placement at a prestigious institution. This placement will allow graduates to participate in the creation of personalized dietary plans and the implementation of comprehensive nutritional strategies.

In this training proposal, each activity is designed to strengthen and refine the key competencies required for specialized practice in this field. In this way, the professional profile will be enhanced, driving a strong, efficient, and highly competitive performance.

It is an ideal opportunity to update knowledge while working in an innovative professional environment, where real-time nutritional and technological monitoring is central to the practice.

The practical teaching will be done with the accompaniment and guidance of professors and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for medical practice (learning to be and learning to relate).

The procedures described below will be the basis of the specialization, and their realization will be subject to the center's own availability, its usual activity and workload, the proposed activities being the following:





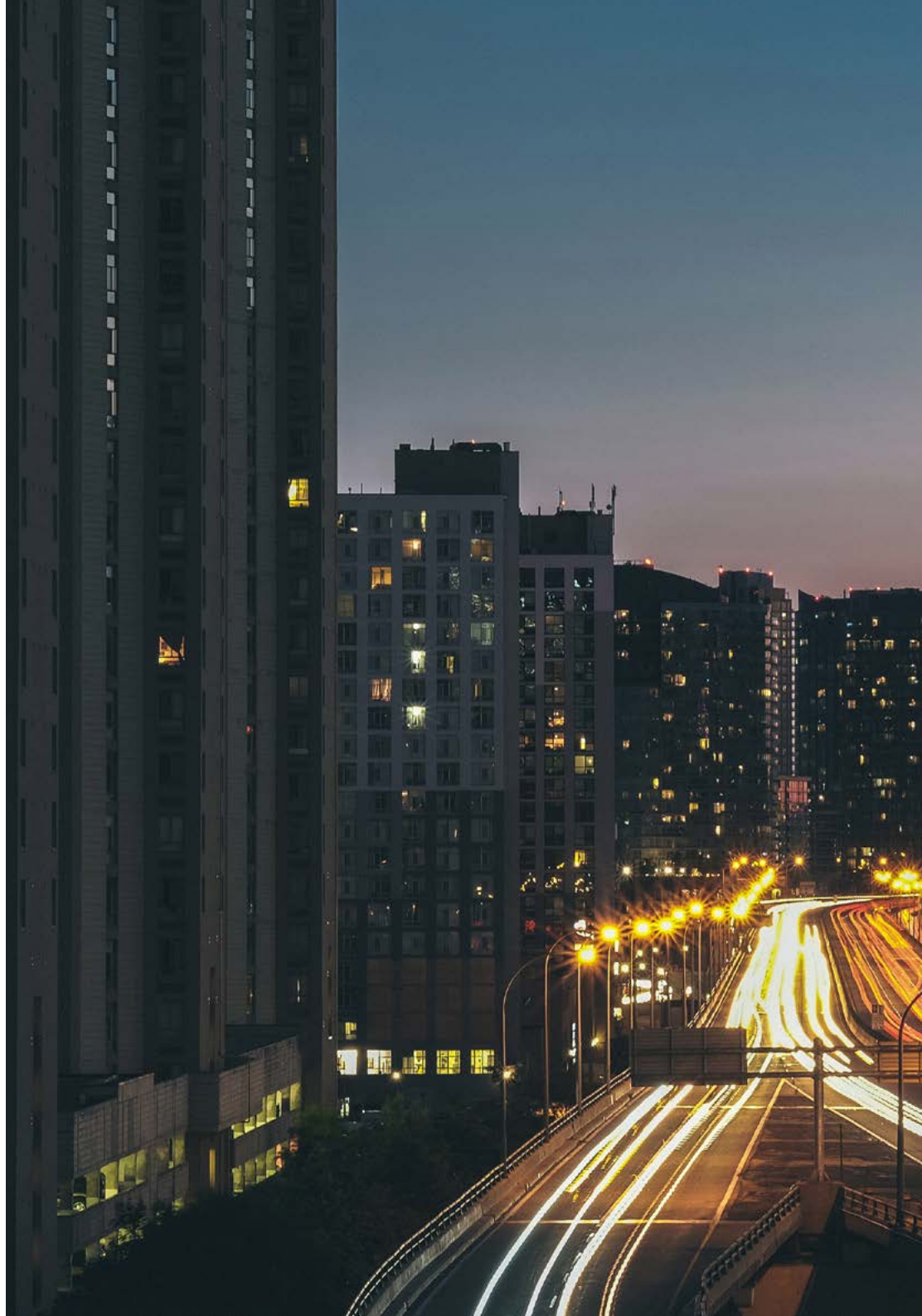
Module	Practical Activity
Innovative Techniques for Nutritional Status Assessment	Measure anthropometric parameters such as weight, height, and waist circumference
	Suggest general dietary adjustments based on energy needs and health goals
	Recommend nutritional supplementation considering dosage, indications, and potential interactions
	Educate the patient on healthy eating habits and self-care strategies
Dietary Planning for Overweight and Obesity	Detect risk factors associated with overweight or obesity, such as hypertension, diabetes, or metabolic syndrome
	Offer individualized advice to the patient on healthy eating, portion control, and meal planning
	Track progress in weight, anthropometric measurements, and clinical parameters
	Collaborate on awareness campaigns about healthy lifestyles
Nutritional Intervention for Renal, Hepatic, and Pancreatic Disorders	Identify interactions between drugs and nutrients that may affect absorption or the effectiveness of medications
	Collaborate on designing individualized dietary plans considering restrictions on proteins, sodium, fats, or carbohydrates according to the disease
	Educate the patient on healthy eating habits and self-care strategies specific to each pathology
	Provide continuous guidance to improve habits, motivation, and self-care
Nutrition in Oncology Patients	Review the patient's clinical history, oncological treatments, and eating habits
	Suggest dietary modifications adapted to treatment side effects such as nausea, mucositis, or diarrhea
	Recommend safe nutritional supplements, such as proteins, vitamins, and minerals
	Adjust recommendations in collaboration with the healthcare team based on clinical progress and treatment response

05 Internship Centers

Below are some of the internship centers selected by TECH for this university program. However, if none of them meet your expectations or needs, TECH is committed to facilitating the formalization of an agreement with an entity that aligns with your preferences, ensuring a fully personalized experience.



You will complete an internship at a renowned institution recognized in the field of Diet Therapy"





The student will be able to do this program at the following centers:



Pharmacy

Pharmagreen S.L Martin Echegaray

Country	City
Spain	Pontevedra

Address: 2. C/Martin Echegaray n°28 Bajo
C.P.:36209, Vigo, Pontevedra

Parapharmacy and Herbal Shop Dedicated to the sale of
health and beauty products

Related internship programs:
- Diet Therapy



Pharmacy

Pharmagreen S.L República Argentina

Country City
Spain Pontevedra

Address: C/República Argentina N°21 bajo
c.p:36201 Vigo, Pontevedra

Parapharmacy and Herbal Shop Dedicated to the sale of
health and beauty products

Related internship programs:
- Diet Therapy





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Enroll now and advance in a practical way in your field of work”

06

General Conditions

Civil Liability Insurance

The university's main concern is to guarantee the safety of the interns, other collaborating professionals involved in the internship process at the center. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, the university commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the Internship Program period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

1. TUTOR: During the Internship Program, students will be assigned two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

2. DURATION: The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

3. ABSENCE: If the student does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

4. CERTIFICATION: Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Internship Program shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the internship department at TECH so that the assignment of the chosen center can be confirmed.

7. 3.- DOES NOT INCLUDE: The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

07 Certificate

This private qualification will allow you to obtain a **Internship Program in Diet Therapy** 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** private qualification 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: **Internship Program in Diet Therapy**

Modality: **Monday to Friday, 8-hour shifts, consecutive shifts**

Duration: **3 weeks**

Accreditation: **4 ECTS**



future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present quality
development languages
classroom

tech global
university

Internship Program
Diet Therapy

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