

# Postgraduate Certificate

## Current Trends in Nutrition





## Postgraduate Certificate Current Trends in Nutrition

Course Modality: Online

Duration: 6 weeks

Certificate: TECH Technological University

Official N° of Hours: 200 h.

Website: [www.techitute.com/pk/pharmacy/postgraduate-certificate/current-trends-nutrition](http://www.techitute.com/pk/pharmacy/postgraduate-certificate/current-trends-nutrition)

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# 01

# Introduction

Learn how to describe the basics of a balanced diet in the different stages of the life cycle, as well as how to assess and calculate nutritional requirements in health and disease, with this intensive qualification designed by professionals with years of experience in the sector.







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*Improve your knowledge through this program, where you will find the best educational material with real clinical cases. Learn here about the latest advances in the speciality to be able to perform a quality pharmaceutical practice”*

With this program, students will have the opportunity to study an educational program that brings together the most advanced and in-depth knowledge in the field, where a group of professors of high scientific rigor and extensive international experience offers the most complete and up-to-date information on Current Trends in Nutrition.

This program offers the student the possibility of deepening and updating knowledge, using the latest educational technology. It offers a global vision of clinical nutrition while focusing on the most important and innovative aspects, such as nutrition in adults with an update on nutritional therapy in special or pathological situations; or current trends in nutrition that emphasize the proper use of the Mediterranean diet as a key tool for a healthy life.

It also allows specialization in the field of Clinical Nutrition in areas of special interest such as:

- ◆ Nutrigenetics
- ◆ Nutrigenomics
- ◆ Nutrition and obesity
- ◆ Hospital dietetics
- ◆ Nutritional trends

This qualification has multimedia content that helps you acquire the knowledge that is presented, elaborated with the latest educational technology. At the same time, it will provide the student with situated and contextual learning, within a simulated environment that provides training focused on solving real problems.

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

- ◆ Clinical cases presented by experts in nutrition. Its graphic, schematic and eminently practical contents are designed to provide scientific and assistance information on those pharmaceutical disciplines that are essential for professional practice
- ◆ The latest diagnostic and therapeutic information on how to approach nutrition
- ◆ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ◆ With a special emphasis on evidence-based pharmacy and clinical nutrition research methodologies
- ◆ All of this will be complemented by theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Availability of content from any fixed or portable device with internet connection



*Get trained through the Postgraduate Certificate in Current Trends in Nutrition"*

“

*This Postgraduate Certificate may be the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Current Trends in Nutrition, you will obtain a certificate from TECH Technological University”*

Forming part of the teaching staff is a group of professionals in the world of clinical nutrition, who bring to this course their work experience, as well as a group of renowned specialists, recognised by esteemed scientific communities.

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 training program to train in real situations.

This program is designed around Problem-Based Learning, whereby the Care Services must try to solve the different professional practice situations that arise during the course. For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of radiology with extensive teaching experience.

*This Postgraduate Certificate allows training in simulated environments, which provide immersive learning programmed to train for real situations.*

*It includes clinical cases to bring the development of the program as close as possible to the reality of pharmaceutical care.*



# 02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the pharmacist can master in a practical and rigorous way the Current Trends in Nutrition.







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*This refresher program will generate a sense of confidence in pharmacy practice which will help you grow both personally and professionally”*



## General Objectives

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- ◆ Update the pharmacist's knowledge on new trends in human nutrition, both in health and pathological situations through evidence-based pharmacy
- ◆ Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to adult 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



*Make the most of the opportunity and take the step to get up to date on the latest developments in the Current Trends in Nutrition”*







## Specific Objectives

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- ◆ Describe 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
- ◆ Acquire skills in reading and understanding new food labeling methods
- ◆ Update the drug-nutrient interaction and its implication in the patient's treatment
- ◆ Identify the relationship between nutrition and immune status
- ◆ Update knowledge in nutrigenetics and nutrigenomics
- ◆ Describe the possibilities of phytotherapy as an adjuvant treatment
- ◆ Describe the psychological bases and biopsychosocial factors that affect human eating behavior

03

# Course Management

The creation of the materials has been carried out by a team of reference professionals in the area of clinical nutrition. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.







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*Learn the latest advances in clinical nutrition from leading professionals”*

## Management



### Ms. Auni3n Lavar3as, Mar3a Eugenia

- ◆ Pharmacist and Clinical Nutrition Expert
- ◆ "Author of the reference book in the field of Clinical Nutrition "Dietetic Management of Overweight in the Pharmacy Office". (Panamerican Medical Publishing House)
- ◆ Pharmacist with extensive experience in the public and private sector
- ◆ Pharmacist in Valencia Pharmacy
- ◆ Pharmacy Assistant in the British pharmacy and health and beauty retail chain Boots, UK
- ◆ Degree in Pharmacy and Food Science and Technology. University of Valencia
- ◆ Director of the University Course "Dermocosmetics in the Pharmacy Office"





# 04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of the program in daily pharmaceutical practice in nutrition, aware of the relevance of the current qualification to be able to act before the patient with nutritional disorders with quality teaching through new educational technologies.







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*This Postgraduate Certificate in Current Trends in Nutrition, contains the most complete and up-to-date scientific program on the market”*

## Module 1. New Developments in Food

- 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, Chemical, and Microbiological Hazards
- 1.10. New labelling and consumer information
- 1.11. Phytotherapy Applied to Nutritional Pathologies

## Module 2. Current Trends in Nutrition

- 2.1. Nutrigenetics
- 2.2. Nutrigenomics
  - 2.2.1. Fundamentals
  - 2.2.2. Methods
- 2.3. Immunonutrition
  - 2.3.1. Nutrition-Immunity Interactions
  - 2.3.2. Antioxidants and Immune Function
- 2.4. Physiological Regulation of Feeding. Appetite and Satiety
- 2.5. Nutrition and the Circadian System. Timing is the Key







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

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.





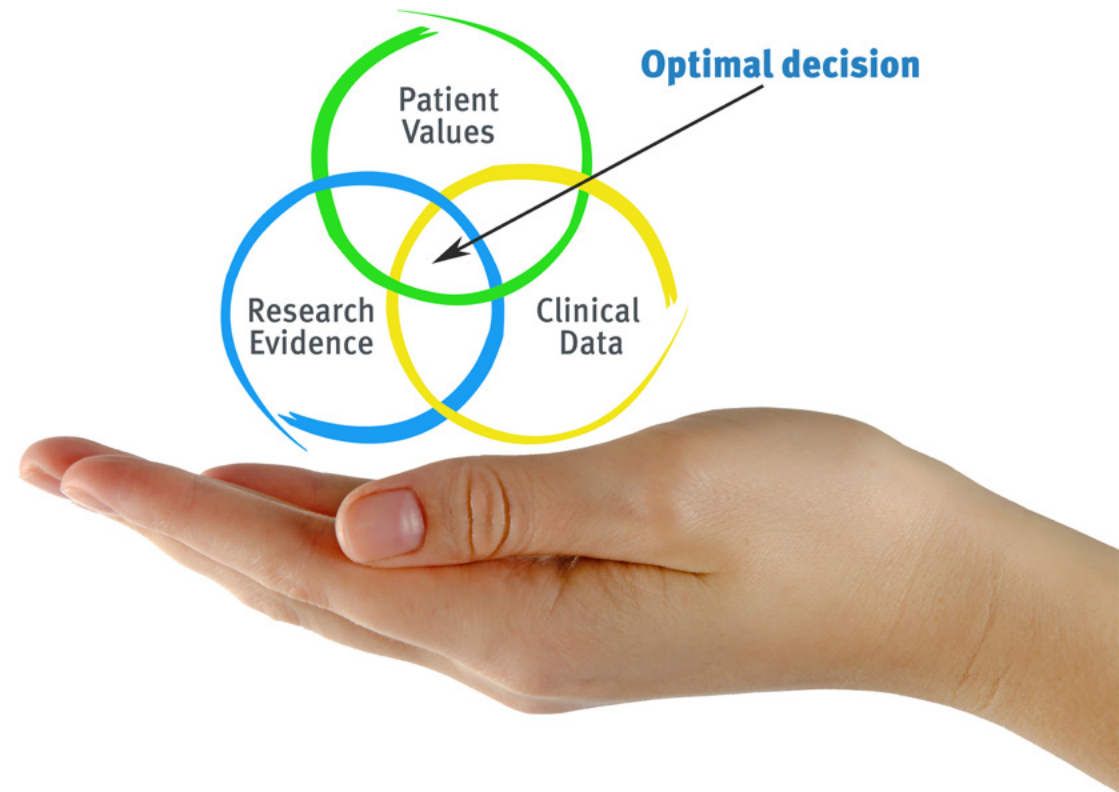


*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will be confronted with multiple simulated clinical cases based on real patients, in which they will have to investigate, establish hypotheses and ultimately, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Pharmacists learn better, more quickly and more sustainably over time.

*With TECH you will 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, attempting to recreate the actual conditions in a pharmacist's professional 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. Pharmacists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
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.

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.

*Pharmacists 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 115,000 pharmacists have been trained with unprecedented success in all clinical specialties, regardless of the surgical load. This pedagogical methodology is developed in a highly demanding environment, with a university student body with a high socioeconomic 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 specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to 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 created specifically for the course by specialist pharmacists who will be teaching the course, so that the didactic development is highly specific and accurate.

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.



### Video Techniques and Procedures

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current pharmaceutical care procedures. All of this, first hand, and explained and detailed with precision to contribute to assimilation and a better understanding. And best of all, you can watch them as many times as you want.



### 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 unique multimedia content presentation training system 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, 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 & 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 on the usefulness of learning by observing experts. The system known as 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 Current Trends 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 Current Trends 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 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 Current Trends in Nutrition**

Official N° of Hours: **200 h.**



\*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



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