

# Postgraduate Certificate

## Nutrition in Childhood and Adolescence





## Postgraduate Certificate Nutrition in Childhood and Adolescence

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

Website: [www.techtitute.com/us/pharmacy/postgraduate-certificate/nutrition-childhood-adolescence](http://www.techtitute.com/us/pharmacy/postgraduate-certificate/nutrition-childhood-adolescence)

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# 01

# Introduction

Nutrition in the infant-juvenile stage is crucial for the correct development of the human being. However, currently we find a young population with serious obesity problems or affected by different types of allergies and diseases such as celiac disease. A scenario for which the pharmacist must also be prepared, who must be aware of new developments in terms of the pharmacology used to deal with people with these characteristics. This online program was created to provide that answer through quality teaching taught entirely online and with multimedia content at the academic forefront.





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*A 100% online university degree that allows you to update your knowledge easily, at any time and with a device with an internet connection”*

According to the World Health Organization, the increase in cases of overweight and obese children and young people has multiplied exponentially, seriously affecting their physical and psychological development and contributing to the appearance, above all, of cardiovascular and liver diseases. early ages. At the same time, in this population group, more and more allergies and celiac disease are detected, which requires updated and constant knowledge to correctly serve the people who go to pharmacies.

This program is aimed at pharmaceutical professionals who wish to be aware of all the latest developments concerning the treatments and pharmacological products currently used for the management of eating disorders and special nutrition for patients with diabetes, dyslipidemia or premature babies. . Likewise, it provides a theoretical-practical approach to prevention.and diet therapy adapted to people with obesity.

A university program that the pharmaceutical professionals can take comfortably, since they can access the entire syllabus from a device with an internet connection at any time of the day. In addition, you have all the teaching material from the first day of the Diploma, allowing you to distribute the teaching load according to your needs. A perfect education for students who wish to combine their work responsibilities with a high academic level program.

This **Postgraduate Certificate in Nutrition in Childhood and Adolescence** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ 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



*Update all your knowledge on the obesogenic environment in today's childhood from the individual, family and socioeconomic point of view"*

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*The simulations of practical cases provided by the team of experts of this program will be very useful and application in your daily life”*

The program's teaching staff includes professionals from sector who contribute their work experience to this 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.

This program's design focuses on Problem-Based Learning, through which the professional must try to solve the different professional practice situations that arise during the academic program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Delve into pharmacological products suitable for teenagers with obesity.*

*Stay up to date on childhood obesity risks and dietary strategies will allow you to receive more personalized care.*



# 02 Objectives

TECH offers the Pharmacy professional a program with an exhaustive and innovative syllabus that will allow him/her to acquire a renewed knowledge in relation to obesity and the treatments used in the child and adolescent population. A teaching that has quality multimedia content and a Relearning learning system, based on the repetition of the syllabus, which facilitates the foundation of concepts and the reduction of study hours.





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*Quality teaching with multimedia content that will allow you to renew your knowledge about childhood diabetes”*



## General Objectives

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- ◆ Get up to date on the most relevant and innovative issues related to the nutritional management of young patients with dietary imbalances
- ◆ Improve your professional skills through the development of real clinical cases extracted from current consultations

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*This program provides you with the most current scientific research on treatments for adolescents with eating disorders”*





## Specific Objectives

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- ◆ Update knowledge on childhood and adolescent overweight and obesity, epigenetic factors and advances in multidisciplinary management and treatment with special focus on the nutritional approach
- ◆ Broaden the specific therapeutic approach to eating disorders and genetic syndromes associated with nutritional alterations
- ◆ Study new evidence on feeding models in pediatrics and adolescent medicine and useful tools for consultation
- ◆ Approach nutrition adapted to pediatric pathology

# 03

# Course Management

For the direction and teaching of this Postgraduate PROGRAM, TECH has selected a team of experts in Endocrinology and Nutrition from different areas, but with a wide and extensive work history in common. Their knowledge is a support for pharmacists who wish to keep abreast of recent pharmacological developments in relation to obesity, overweight and nutrition in children and young people. Likewise, the proximity of the teaching team will allow you to ask any questions you may have throughout the six weeks of this course.





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*A specialized team with extensive experience will provide you with their closeness and knowledge in the field of nutrition in children and adolescents”*

## Management



### Dr. Vázquez Martínez, Clotilde

- Corporate Head in the University Hospital 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 Díaz 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. Sánchez Jiménez, Álvaro**

- ♦ Specialist in Nutrition and Endocrinology at Jiménez Díaz Foundation Hospital university
- ♦ Nutritionist at Medicadiet
- ♦ Clinical Nutritionist specialized in prevention and treatment of obesity, diabetes and their comorbidities
- ♦ Nutritionist in the Predimed Plus Study
- ♦ Nutritionist at Eroski
- ♦ Nutritionist at Axis Clinic
- ♦ Professor, Master's Degree in Obesity and comorbidities, Rey Juan Carlos University
- ♦ Professor of the Excellence Course in Obesity at the Jiménez Díaz Foundation University Hospital
- ♦ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- ♦ Nutrition in the Elderly, Complutense University of Madrid
- ♦ Nutrition and Sport for Professionals, Tripartite Foundation
- ♦ Refresher course on practical type 1 and 2 diabetes for healthcare professionals



### 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: Institute for Health Research Foundation Jiménez Díaz, Health Commission of FEAPS Madrid and Trisomy 21 Research Society

## Professors

### Ms. Labeira Candel, Paula

- ♦ Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- ♦ Sports and clinical Nutritionist at the Clinic Institute of Instituto de Sobrepeso y Obesidad
- ♦ Nutritionist Sports and Clinical at Medicadiet, Slimming & Nutrition
- ♦ Sports Nutritionist at the CF Trivalderas 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

### Dr. Núñez Sanz, Ana

- ♦ Dietician and nutritionist, expert in pregnancy, breastfeeding and infancy.
- ♦ López-Nava Obesity Nutritionist
- ♦ Nutritionist at Medicadiet
- ♦ Dietitian and nutritionist freelancer
- ♦ Dietitian and nutritionist at Menudiet SL
- ♦ Contributor on food and nutrition in Castilla La Mancha Television
- ♦ Promoter of talks and workshops on healthy eating for kindergartens, schools and companies
- ♦ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ♦ Master's Degree in Nutrition and Health at the Open Official of Catalonia



**Dr. Prieto Moreno, Ana**

- ◆ Nutritionist in the Department of Endocrinology and Nutrition at Hospital University Foundation Jiménez
- ◆ 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. Fernández Menéndez, Amanda**

- ◆ Specialist Doctor in Endocrinology and Pediatric Nutrition
- ◆ Jiménez Díaz Foundation
- ◆ Specialist in Pediatrics, Centro de Salud Doctor Castroviejo( SERMAS)
- ◆ Attending physician specializing in Pediatric Endocrinology and Nutrition at La Paz University Hospital.
- ◆ International Cooperation in Health and Development in India (development of health projects in the field)
- ◆ Degree in Medicine and Surgery from the Autonomous University of Madrid
- ◆ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Treatment
- ◆ Fully integrated by Universidad Rey Juan Carlos
- ◆ Expert in Clinical Bioethics from the Complutense University



*Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"*

# 04

## Structure and Content

The study plan for this university program has been prepared by a team of experts whose main mission is to offer students high-level education with content that is at the academic forefront. Moreover, the pharmaceutical professional who takes this online program will access renewed knowledge about nutrition and the factors interrelationships with childhood obesity, eating disorders, allergies, and health problems derived from overweight in the stage of development of people. The video summaries, specific readings and case studies provided by the teaching staff will be of great use in the day-to-day work of pharmacists.





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*An opportunity to keep abreast of the most current studies in the field of diet therapy adapted to patients with childhood obesity”.*

## Module 1. . Nutrition in Childhood and Adolescence

- 1.1. Causes and Interrelated Factors of Childhood Obesity
  - 1.1.1. Obesogenic Environment in Childhood
  - 1.1.2. Assessment of Individual, Family and Socioeconomic Problems
- 1.2. Risks of Childhood Obesity
  - 1.2.1. Prevention and Adapted Diet Therapy
  - 1.2.2. Physical Activity and Physical Exercise
- 1.3. Nutritional Education
  - 1.3.1. Nutritional Recommendations
  - 1.3.2. Personalized Calculation of Plans for the Treatment of Childhood and Adolescent Obesity
- 1.4. Dietary Patterns and Food Recommendations
  - 1.4.1. Consultation Tools
- 1.5. Genetic Alterations and Predisposition to Obesity in Children and Adults
- 1.6. Prevention and Management of Other Eating Disorders in Children and Adolescents
- 1.7. Psychological Aspects of Childhood Obesity in Nutritional Consultation
- 1.8. Nutrition in special situations: celiac disease. Food Allergy
- 1.9. Nutrition in special situations: Diabetes and Dyslipemia
- 1.10. Nutrition and Growth Disorders
  - 1.10.1. Nutrition in Later Stages of the Preterm or SGA Patient





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*Access the latest in pharmacological treatments for celiacs and minors with food allergies”*

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.





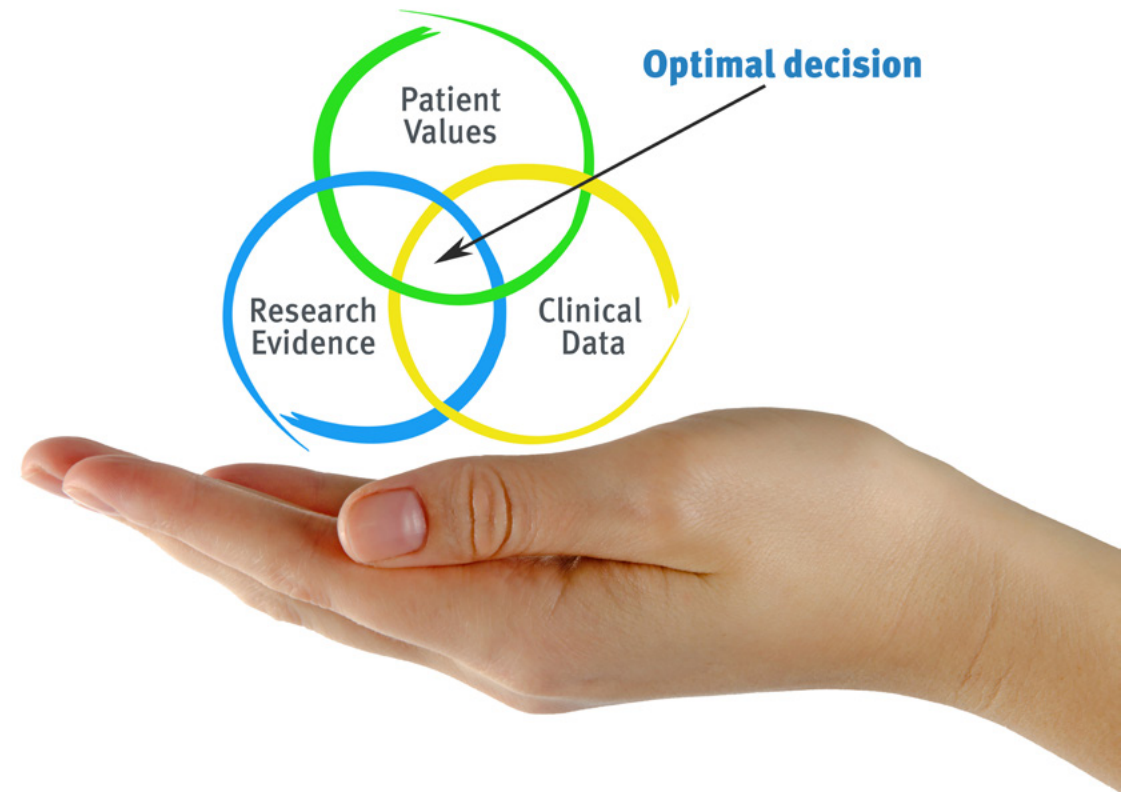
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”*

## At TECH we use the Case Method

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. Gervas, 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 Nutrition in Childhood and Adolescence guarantees students, in addition to the most rigorous and up-to-date education, the access to at Postgraduate Certificate issued by TECH Technological Nutrition.



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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 Nutrition in Childhood and Adolescence** 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 Nutrition in Childhood and Adolescence**

Official N° of Hours: **150 h.**



\*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  
development language  
virtual classroom



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