

# Professional Master's Degree Diet Therapy





## Professional Master's Degree Diet Therapy

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/pharmacy/professional-master-degree/master-diet-therapy](http://www.techtute.com/us/pharmacy/professional-master-degree/master-diet-therapy)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Skills

---

*p. 12*

04

Course Management

---

*p. 16*

05

Structure and Content

---

*p. 24*

06

Methodology

---

*p. 30*

07

Certificate

---

*p. 38*



# 01

# Introduction

It is becoming increasingly common to find in the labor market the demand for pharmacy professionals who also master the field of Diet Therapy. These are two areas that complement each other when it comes to working with nutrition processes. However, the advances that have taken place in recent years in this field have brought an added complexity to all those professionals seeking a degree with which to catch up and open new avenues of knowledge. For this reason, TECH has developed this program focused on these professionals, which combines, in 12 months, the best 100% online syllabus and with which you can improve your skills and offer a more complete and higher quality service.







“

*You will open new avenues of knowledge in Diet Therapy through a program designed by experts and with which you will be able to adapt your career to the specifications of the sector”*

Changes in dietary patterns in recent decades have led to imbalances that have seriously affected the health of many people. In addition, recent studies have shown that certain diseases or pathologies related to the renal, endocrine or neurological systems, among others, can be highly benefited through the intake of specific foods. In this way, pharmacy professionals, as experts in chemistry, can find in this field a new avenue for professional growth. In fact, the labor market is increasingly demanding the presence of people versed in both areas, in order to offer a more complete and specialized service to their patients.

Based on this demand, TECH has developed the Diet Therapy program, a complete and modern 100% online program that combines, in a compact and versatile program, the ins and outs of nutrition and its intervention in health and its prevention. In addition, it also delves into the specific nutrition of diseases such as overweight, obesity, related to dysfunctions and pathologies of the digestive tract, renal, hepatic and pancreatic problems, etc.

It is, therefore, a unique opportunity to update and expand the knowledge of graduates through a program designed by experts in nutrition and pharmacy, which gathers the most cutting-edge information in the sector and also includes the most sophisticated academic tools to make this degree a unique academic experience. For this purpose, they will also have hours of high quality additional material that will help them not only to contextualize the syllabus, but also to deepen in those aspects that they consider more relevant for their professional development.

This **Professional Master's Degree in Diet Therapy** 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 Pharmacy
- ◆ 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 know in depth the recommended nutrition for patients with renal, hepatic and pancreatic diseases and adapt diets to their specifications”*

“

*Diabetes is one of the most frequent pathologies that require a specific diet. Therefore, this Professional Master's Degree includes a specific module related to endocrine-metabolic diseases”*

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.

Its multimedia content, developed with the latest educational technology, will allow professionals to learn in a contextual and situated learning environment, i.e., a simulated environment that will provide immersive education programmed to prepare in real situations.

The design of this program focuses on Problem-Based Learning, by means of which professionals must try to solve the different professional practice situations that are presented to them throughout the academic program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*With this program, it delves into the pathologies with altered eating behaviors and the recommendations to adapt the diets of this type of patients.*

*You will be able to access the virtual classroom 24 hours a day from Monday to Friday, so that you can organize yourself in a personalized way.*





# 02

# Objectives

Diet Therapy has advanced by leaps and bounds in recent decades, so the objective of this program is to bring together, in a single program, the most cutting-edge and accurate information that allows pharmacists to develop a comprehensive knowledge of Diet Therapy. In addition, its purpose is to provide them with the most sophisticated academic tools, which will facilitate the experience and make it a unique opportunity to open a new professional path in their career.







“

*Whatever your academic goals are, TECH guarantees to provide you with the best academic tools to help you achieve them”*



## General Objectives

---

- ◆ Broaden knowledge and incorporate advanced and innovative knowledge in food and nutrition in the daily clinical practice of the Pharmacist
- ◆ Revise the fundamental aspects of healthy eating, with a current approach aimed at risk prevention
- ◆ Delve into the correct management of daily nutrition
- ◆ Examine the most common syndromes and symptoms related to nutritional problems



*This Professional Master's Degree aims to make you a pharmacist versed in Diet Therapy, a professional even more prepared to face more challenges in your career"*



## Specific Objectives

---

### **Module 1. Nutrition, Health and Disease Prevention: Current Issues and Recommendations for the General Population**

- ◆ Analyze patient's eating habits, as well as their problems and motivation
- ◆ Update nutritional recommendations based on scientific evidence for their application in clinical practice
- ◆ Prepare for the design of nutritional education strategies and patient care

### **Module 2. Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring**

- ◆ Adequate La assessment of the clinical case: interpretation of causes and risks
- ◆ Personalized calculation of nutritional plans taking into account all individual variables
- ◆ Planning nutritional plans and models for a complete and practical recommendation

### **Module 3. Nutrition in Overweight, Obesity and their Comorbidities**

- ◆ Adequate La assessment of the clinical case: interpretation of 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

### **Module 4. Nutrition in Childhood and Adolescence**

- ◆ 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.  
Useful tools for consultation
- ◆ Approach nutrition adapted to pediatric pathology

#### **Module 5. Nutrition in Dysfunctions and Pathologies along the Digestive Tract**

- ◆ Study the functions and pathologies of the digestive apparatus
- ◆ Complete evaluation of the clinical case and the digestive health
- ◆ Understanding the intestinal microbiota and its relationship with endocrine and nervous system

#### **Module 6. Nutrition in Renal, Hepatic and Pancreatic Diseases**

- ◆ Update knowledge of renal, hepatic and pancreatic functions and pathologies, and their relationship with nutrition
- ◆ Assess clinical cases, application tools in nutrition consultation
- ◆ Plan nutritional treatments based on scientific evidence and assessment of evolution

#### **Module 7. Nutrition in Endocrine-Metabolic and Autoimmune Pathologies**

- ◆ Individualize nutritional planning for patients with insulin-dependent DM1 and DM2 and insulin resistance
- ◆ Explore adapted nutritional recommendations based on scientific evidence in autoimmune, endocrine and respiratory pathologies
- ◆ Delve into the prevention and treatment of sarcopenia and osteopenia

#### **Module 8. Nutrition in Nervous System Pathologies**

- ◆ Update on the scientific evidence the relationship between nervous system pathologies and nutrition
- ◆ Assess the patient's needs and difficulties, in addition to an adequate assessment of the nutritional status
- ◆ Learn the main psychological aspects of patients with alterations of behavioral disorders

#### **Module 9. Oncology Patient Nutrition**

- ◆ Know how this pathology affects the nutritional level, from the organic, psychological and metabolic point of view
- ◆ Identify malnutrition in the context of a neoplastic disease as the only pathology or in the pluripathological patient, as well as to prevent them
- ◆ Personalize the nutritional treatment, covering the needs of the patient in antineoplastic treatment, and/or surgeries

#### **Module 10. Nutrition for Health, Equity and Sustainability**

- ◆ Analyze the scientific evidence regarding the impact of food on the environment
- ◆ Learn about current legislation in the food industry and consumption
- ◆ Assess the health effects derived from the current food model and the consumption of ultra-processed food



# 03 Skills

With this program, and thanks to the exhaustiveness with which it has been elaborated, professionals will be able to develop their competencies through the best theoretical and practical syllabus. In this way, and in a very short time, they will see how their professional skills and aptitudes will increase along with their knowledge, so that their profiles will be completed in an even more distinctive way and with the possibility of offering their patients a more complete and higher quality service.



“

*Improve your professional skills through a 100% online degree is possible thanks to TECH. Enroll in this Professional Master's Degree and you will achieve it"*



## General Skills

---

- ◆ Perform comprehensive nutritional assessments that take into account the psychological, social and pathological aspects of the patient
- ◆ Adapt dietary plans to the most recent advances in Diet Therapy
- ◆ Apply diets and dietary therapy planning to the field of prevention, clinic and education

“

*You will be able, in less than 12 months, to adapt your patients' nutritional plans to the most recent advances in Diet Therapy”*







## Specific Skills

---

- ◆ Detect the patient's nutritional risks and needs from a holistic point of view
- ◆ Plan consultations, treatment goals and techniques focused on improving adherence
- ◆ Perform dietary planning and assess psychological and quality of life aspects with adapted dietary recommendations
- ◆ Plan nutritional treatment based on scientific evidence in pathologies of the digestive system
- ◆ Plan nutritional treatment, supplementation and/or substitutes
- ◆ Plan menus for collectivities
- ◆ Apply dietary measures to improve symptoms and quality of life
- ◆ Integrate the concept of sustainability in the recommendation of healthy eating

04

# Course Management

For the development of the teaching team of this program, TECH has selected a faculty versed in Nutrition with a broad and extensive professional experience in the management of different types of patients. In addition, they are active professionals who will bring to the degree a critical, realistic and purely based on their personal experience, a plus of quality that will allow the graduate to acquire a different vision of the profession.





“

*The experience of the teaching team will help you learn from their mistakes and successes, and you will be able to develop your own strategy based on their most successful recommendations”*



## Management



### Dr. Vázquez Martínez, Clotilde

- ♦ Corporate Head of the Endocrinology and Nutrition Departments, Jiménez Díaz La Foundation
- ♦ Head of the Endocrinology and Nutrition Department at Ramón y Cajal Hospital (Madrid) and Severo Ochoa Hospital, Leganés
- ♦ President of La SENDIMAD (Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid)
- ♦ 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 Endocrinology and Nutrition via Medical Residency at the Jimenez Díaz Foundation
- ♦ 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
- ♦ Degree in Medicine and Surgery from the University of 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, Trisomy 21 Research Society



### Dr. Sánchez Jiménez, Álvaro

- ◆ Specialist in Nutrition and Endocrinology at Jiménez Díaz Foundation University Hospital
- ◆ 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 at the Course of Excellence in Obesity at the university Fundación Jimenez Díaz Hospital, Novo Nordisk
- ◆ 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 health care professionals

## Professors

### Mr. Martínez Martínez, Alberto

- ◆ Nutritional Advisor at Santiveri
- ◆ Dietitian responsible for the menu of children with food allergy. Gastronomic
- ◆ Dietician- Clinical Nutritionist at the University Hospital Antonio
- ◆ Degree in Human Nutrition and Dietetics. Fluminense Federal University
- ◆ Graduate in Human Nutrition and Dietetics at the University of Valencia
- ◆ Master's Degree in Agri-environmental and Agri-food Sciences. Autonomous University of Madrid

### Dr. Miguélez González, María

- ◆ Attending Physician of Endocrinology and Nutrition at the Jiménez Díaz Foundation. of Madrid
- ◆ Degree in Medicine from the University of Valladolid
- ◆ Collaborating lecturer in the subject of Ophthalmology at the Complutense University of Madrid
- ◆ Professor of the Master Expert in Obesity and Metabolic Complications, endorsed by SEEDO

### Dr. Fernández Menéndez, Amanda

- ◆ Doctor Specialist in Pediatric Endocrinology and Nutrition at the Foundation Jimenez Diaz Hospital
- ◆ 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's Degree in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ◆ Expert in Clinical Bioethics from the Complutense University

### Ms. Manso del Real, Paula

- ◆ Deputy Director of Nursing at the Íñigo Álvarez de Toledo Renal Foundation
- ◆ Nursing Supervisor of the Dialysis Unit of the Íñigo Álvarez de Toledo Renal Foundation
- ◆ Nephrology Nurse at the Nephrology Unit of the Fundación Jiménez Díaz University Hospital
- ◆ Diploma in Nursing at the Francisco de Vitoria University
- ◆ Degree in International Cooperation and Health Promotion at the Francisco de Vitoria University
- ◆ Degree in International Cooperation and Health Promotion at the Francisco de Vitoria University
- ◆ Master's Degree in Hemodialysis for Nurses at the Complutense 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, S.L
- ◆ 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 Jiménez Foundation Hospital
- ◆ Nutritionist at Hospital General de Villalba and Hospital Universitario Infanta Elena
- ◆ Nutritionist at the Consejo Superior de Deportes, WWF, Medicadiet and Sanitas Sociedad Anónima de Seguros
- ◆ Nutritionist at Hospital Universitario La Paz, Mapfre Foundation, Copernal Publishing and 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. González Toledo, Beatriz María**

- ◆ Nurse expert in Hemodialysis and Nutrition and Health
- ◆ Nephrology Nurse Unit of the Fundación Jiménez Díaz Hospital
- ◆ Nurse Director of Dialysis at the Íñigo Álvarez de Toledo Renal Foundation
- ◆ Master's Degree in Hemodialysis for Nurses at the Complutense University of Madrid
- ◆ Master's Degree in Nutrition and Health at the Open University of Catalonia
- ◆ Postgraduate Diploma in Peritoneal Dialysis for Nurses at Cardenal Herrera University
- ◆ Graduate in Nursing from the Autonomous University of Madrid

**Dr. Modroño Móstoles, Naiara**

- ◆ Specialist in Endocrinology
- ◆ Doctor Specialist in Pediatric Endocrinology and Nutrition at the Foundation Jimenez Diaz Hospital
- ◆ Doctor Specialist in Endocrinology the Infanta Elena University Hospital
- ◆ Doctor Specialty in Endocrinology at the University Hospital of Getafe
- ◆ Author of various articles published in scientific journals
- ◆ Postgraduate Certificate in Treatment of Diabetes Mellitus Type 2 at the Autonomous University of Barcelona

**Dr. Alcarria Águila, María del Mar**

- ◆ Nutritionist Clinical Symptoms at Medicadiet
- ◆ López-Nava Obesity Nutritionist
- ◆ Dietician and Nutritionist at Predimed-Plus
- ◆ Grade in Human Nutrition and Dietetics from the Complutense University of Madrid
- ◆ Master in Rehabilitation Nutrition and Endocrinology at the Institute of Nutrition and Health Sciences.(ICNS)

**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

**Ms. López Escudero, Leticia**

- ◆ Dietitian and nutritionist Clinical Analysis
- ◆ Clinical Dietician and Nutritionist at La Hospital university Fundación Jiménez Díaz
- ◆ Dietician and Nutritionist at the University Hospital Infanta Elena
- ◆ Nutritionist at Diet La Clinic
- ◆ Lecturer in graduate studies Degree in Human Nutrition and Dietetics
- ◆ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ◆ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ◆ Master's Degree in Nutrition in Physical Activity and Sport at the Universidad Oberta de Cataluña



**Dr. Gutiérrez Pernia, Belén**

- ◆ Nutritionist in Obesity at Medicadiet
- ◆ López-Nava Obesity Nutritionist. Madrid
- ◆ Dietician and Nutritionist in Research Projects of PREDIMED plus
- ◆ Grade in Human Nutrition and Dietetics from the Autonomous University of Madrid
- ◆ Master in Clinical Nutrition and Endocrinology at the Institute of Nutrition and Health Sciences

**Dr. Hoyas Rodríguez, Irene**

- ◆ Specialist in Endocrinology and Nutrition
- ◆ Specialist in Endocrinology and Nutrition at the Fundación Jiménez Díaz and Infanta Elena Hospitals
- ◆ Specialist in Endocrinology and Nutrition at the Beata María Ana Hospital
- ◆ Specialist in Endocrinology at the University Hospital 12 de Octubre
- ◆ Degree in Medicine from the Complutense University of Madrid
- ◆ Postgraduate course in Treatment of Diabetes Mellitus Type 2 at the Autonomous University of Barcelona

**Ms. Yela Salguero, Clara**

- ◆ Dietitian Coordination of Clinical Trials
- ◆ Dietician at the Fundación Jiménez Díaz Hospital
- ◆ Clinical Trials Coordinator at the Ramón y Cajal Hospital
- ◆ Dietitian at the Severo Ochoa Hospital, in Leganés
- ◆ Dietitian in the Integral Obesity Treatment Unit at the San José Hospital in Madrid
- ◆ Postgraduate Certificate in Human Nutrition and Dietetics at Alfonso X El Sabio University
- ◆ Degree in Food Science and Technology at the Complutense University of Madrid





**Ms. Labeira Candel, Paula**

- ◆ Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- ◆ Sports and clinical nutritionist at Quirón Salud- Instituto de Sobrepeso y Obesidad
- ◆ Nutritionist Sports and Clinical at Medicadiet, Slimming & Nutrition
- ◆ Sports nutritionist at C.F. 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

“

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

05

# Structure and Content

This Professional Master's Degree is composed of the best theoretical and practical syllabus, developed by the teaching team following the quality and novelty guidelines required by TECH. In addition, they have included hours of different high quality additional material: detailed videos, research articles, complementary readings, clinical cases, etc. All this, compacted in a convenient 100% online format that will allow graduates to connect to the virtual classroom through a fully customized schedule, so that they can combine this academic activity with their professional lives without any problem.





“

*You will delve into healthy and sustainable dietary recommendations, for those patients who are more committed to the environment”*



## Module 1. Nutrition, Health and Disease Prevention: Current Issues and Recommendations for the General Population

- 1.1. Feeding Habits in the Current Population and Health Risks
- 1.2. Mediterranean and Sustainable Diet
  - 1.2.1. Recommended Dietary Pattern
- 1.3. Comparison of Dietary Patterns or "Diets"
- 1.4. Nutrition in Vegetarians
- 1.5. Childhood and Adolescence
  - 1.5.1. Nutrition, Growth and Development
- 1.6. Adults
  - 1.6.1. Nutrition for the Improvement of Quality of Life
  - 1.6.2. Prevention
  - 1.6.3. Treatment of disease
- 1.7. Pregnancy and Lactation Recommendations
- 1.8. Recommendations in Menopause
- 1.9. Advanced Age
  - 1.9.1. Nutrition in Aging
  - 1.9.2. Changes in Body Composition
  - 1.9.3. Abnormalities
  - 1.9.4. Malnutrition
- 1.10. Nutrition in Athletes

## Module 2. Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring

- 2.1. Medical History and Background
  - 2.1.1. Individual Variables Affecting Nutritional Plan Response
- 2.2. Anthropometry and Body Composition
- 2.3. Assessment of Eating Habits
  - 2.3.1. Nutritional Assessment of Food Consumption
- 2.4. Interdisciplinary Team and Therapeutic Circuits
- 2.5. Calculation of Energy Intake
- 2.6. Calculation of Recommended Macro- and Micronutrient Intakes

- 2.7. Quantity and Frequency of Food Consumption Recommendations
  - 2.7.1. Dietary Patterns
  - 2.7.2. Planning
  - 2.7.3. Distribution of Daily Feedings
- 2.8. Diet Planning Models
  - 2.8.1. Weekly Menus
  - 2.8.2. Daily Intake
  - 2.8.3. Methodology by Food Exchanges
- 2.9. Hospital Nutrition
  - 2.9.1. Dietary Models
  - 2.9.2. Decision Algorithms
- 2.10. Educational
  - 2.10.1. Psychological Aspects
  - 2.10.2. Maintenance of Feeding Habits
  - 2.10.3. Discharge Recommendations

## Module 3. Nutrition in Overweight, Obesity and their Comorbidities

- 3.1. Pathophysiology of Obesity
  - 3.1.1. Precision Diagnosis
  - 3.1.2. Analysis of Underlying Causes
- 3.2. Phenotypic Diagnosis
  - 3.2.1. Body Composition and Calorimetry and Impact on Personalized Treatment
- 3.3. Treatment Target and Hypocaloric Diet Models
- 3.4. Prescription of Physical Exercise in Overweight and Obesity
- 3.5. Psychology Associated with Slimming Nutrition: Psychonutrition
- 3.6. Comorbidities Associated with Obesity
  - 3.6.1. Nutritional Management in Metabolic Syndrome
  - 3.6.2. Insulin Resistance
  - 3.6.3. Type 2 Diabetes and Diabetes
- 3.7. Cardiovascular Risk and Nutritional Adaptations in Hypertension, Dyslipidemias and Atherosclerosis
- 3.8. Digestive Pathologies Associated with Obesity and Dysbiosis

- 3.9. Pharmacological Treatment in Obesity and Drug-Nutrient Interactions and Adaptation of the Nutritional Plan
- 3.10. Bariatric and Endoscopic Surgery
  - 3.10.1. Nutritional Adaptations

#### Module 4. Nutrition in Childhood and Adolescence

- 4.1. Causes and Interrelated Factors of Childhood Obesity
  - 4.1.1. Obesogenic Environment in Childhood
  - 4.1.2. Assessment of Individual, Family and Socioeconomic Problems
- 4.2. Risks of Childhood Obesity
  - 4.2.1. Prevention and Adapted Diet Therapy
  - 4.2.2. Physical Activity and Physical Exercise
- 4.3. Nutritional Education
  - 4.3.1. Nutritional Recommendations
  - 4.3.2. Personalized Calculation of Plans for the Treatment of Childhood Child and Adolescent Obesity
- 4.4. Dietary Patterns and Food Recommendations
  - 4.4.1. Consultation Tools
- 4.5. Genetic Alterations and Predisposition to Obesity in Children and Adults
- 4.6. Prevention and Management of Other Eating Disorders in Children and Adolescents
- 4.7. Psychological Aspects of Childhood Obesity in Nutritional Consultation
- 4.8. Nutrition in special situations: celiac disease. Food Allergy
- 4.9. Nutrition in special situations: Diabetes and Dyslipemia
- 4.10. Nutrition and Growth Disorders
  - 4.10.1. Nutrition in Later Stages of the Preterm or SGA Patient

#### Module 5. Nutrition in Dysfunctions and Pathologies along the Digestive Tract

- 5.1. Digestive History, and Assessment of Variables, Symptomatology and Previous Eating Habits
- 5.2. Mouth: Nutrition in Mucositis, Xerophthalmia, Dysphagia, and Oral Dysbiosis
- 5.3. Esophagus: Nutrition in Gastroesophageal Reflux Disease and Barret's Esophagus
- 5.4. Stomach: Nutrition in Gastritis, Hiatus Hernia, Dyspepsia, Helicobacter Pylori Infection
- 5.5. Constipation and Symptomatology
  - 5.5.1. Associated Pathologies

- 5.6. Acute and Chronic Diarrhea
- 5.7. Inflammatory Bowel Diseases
- 5.8. Differentiation between Malabsorption, Intolerances and Allergies
  - 5.8.1. Enzyme Deficiency and Immune System
  - 5.8.2. Diet Low in Histamine and DAO Deficiency
- 5.9. Dysbiosis, Bacterial Overgrowth and Nutrient Malabsorption
- 5.10. Celiac Disease and Non-Celiac Gluten Sensitivity (NCGS)

#### Module 6. Nutrition in Renal, Hepatic and Pancreatic Diseases

- 6.1. Nutrients
  - 6.1.1. Enzymatic Activity, Metabolism, Filtration and Diuresis
- 6.2. Habits, Risks, Previous and Causative Comorbidities, and Assessment of Feeding Habits
- 6.3. Nutrition in CKD: Predialysis
- 6.4. Nutrition in CKD: Dialysis: Renal Transplantation
- 6.5. Diabetic Nephropathy
- 6.6. Renal Lithiasis
- 6.7. Pancreatic Insufficiency
- 6.8. Non-Alcoholic Hepatic Steatosis, Fibrosis, Hepatic Cirrhosis and Vesicular Lithiasis
- 6.9. Modulation of the Intestinal Microbiota in Renal, Pancreatic and Hepatic Pathology
- 6.10. Psychological Aspects and Planning of Objectives and Consultations

#### Module 7. Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

- 7.1. Type 1 Diabetes
  - 7.1.1. Nutrition in Insulin-Dependent Patients
- 7.2. Insulin Resistance and Type 2 Diabetes
- 7.3. Nutrition in Thyroid Disorders
  - 7.3.1. Hypothyroidism
  - 7.3.2. Hyperthyroidism
- 7.4. Nutrition and Circadian Rhythms: Chronobiology
- 7.5. Nutrition in the Physiological Menstrual Cycle and its Alterations
  - 7.5.1. Amenorrhea
  - 7.5.2. Polycystic Ovary Syndrome
  - 7.5.3. Endometriosis

- 7.6. Nutrition in Autoimmune Pathology
  - 7.6.1. Rheumatoid Arthritis
  - 7.6.2. Psoriasis
  - 7.6.3. Lupus
- 7.7. Muscle
  - 7.7.1. Sarcopenia
- 7.8. Bone Health
  - 7.8.1. Osteopenia
  - 7.8.2. Osteoporosis
- 7.9. Nutrition in Pulmonary Pathologies
  - 7.9.1. Cystic fibrosis
  - 7.9.2. COPD
  - 7.9.3. Obstructive Sleep Apnea Syndrome (OSAS)
- 7.10. Chronic Fatigue, Anemia and Vitamin D Deficiency

## Module 8. Nutrition in Nervous System Pathologies

- 8.1. Nutrition in the Prevention of Cognitive Impairment, Dementia and Alzheimer's Disease
- 8.2. Nutrition and Psychoaffective Pathologies
  - 8.2.1. Depression
  - 8.2.2. Bipolar Disorder
- 8.3. Pathologies with Altered Eating Behavior
  - 8.3.1. Schizophrenia
  - 8.3.2. Borderline Personality Disorder
- 8.4. Eating disorder
  - 8.4.1. Anorexia
  - 8.4.2. Bulimia
  - 8.4.3. BED
- 8.5. Nutrition in Degenerative Pathologies
  - 8.5.1. Multiple Sclerosis
  - 8.5.2. Amyotrophic Lateral Sclerosis
  - 8.5.3. Muscular Dystrophies
- 8.6. Nutrition in Pathologies with Uncontrolled Movement
  - 8.6.1. Parkinson's Disease
  - 8.6.2. Huntington's Disease

- 8.7. Nutrition in Epilepsy
- 8.8. Nutrition in Neuralgias
  - 8.8.1. Chronic Pain
- 8.9. Nutrition in Severe Neurological Injuries
- 8.10. Toxics, Bioactive Compounds, Intestinal Microbiota and their Relationship to Nervous System Diseases

## Module 9. Oncology Patient Nutrition

- 9.1. Pathophysiology of Cancer
- 9.2. Relationship of Cancer with Eating Habits and Potential Carcinogens
- 9.3. Assessment of Nutritional Status in the Oncologic Patient
- 9.4. Nutrient-Antineoplastic Treatment Interaction
  - 9.4.1. Specific Changes in the Most Frequently Used Antineoplastic Agents
- 9.5. Psychological Aspects in the Patient and General Nutritional Recommendations in the Oncology Patient
- 9.6. Nutrition in the Appetite and Swallowing Alterations Caused by the Pathology or Treatments
  - 9.6.1. Anorexia
  - 9.6.2. Dysgeusia
  - 9.6.3. Dysphagia
  - 9.6.4. Mucositis
  - 9.6.5. Xerostomia
- 9.7. Nutrition in Digestive Disorders Caused by Pathology or Treatments
  - 9.7.1. Malabsorption
  - 9.7.2. Diarrhea
  - 9.7.3. Dysbiosis
  - 9.7.4. Constipation
- 9.8. Nutrition in Metabolic Alterations Caused by the Pathology: Cachexia
- 9.9. Nutrition Before and After Oncological Surgery
  - 9.9.1. Head and Neck
  - 9.9.2. Esophageal
  - 9.9.3. Gastric
  - 9.9.4. Pancreaticobiliary
  - 9.9.5. Small and Large Intestine



- 9.10. Hospital Nutrition
  - 9.10.1. Oral
  - 9.10.2. Enteral
  - 9.10.3. Parenteral

## Module 10. Nutrition for Health, Equity and Sustainability

- 10.1. Sustainable Nutrition, Food Variables Influencing the Ecological Footprint
  - 10.1.1. Carbon Footprint
  - 10.1.2. Water Footprint
- 10.2. Food Waste as an Individual Problem and as a Problem Associated with the Food Industry
- 10.3. Biodiversity Loss at Different Levels and its Impact on Human Health: Microbiota
- 10.4. Toxics and Xenobiotics in Food and their Effects on Health
- 10.5. Current Food Legislation
  - 10.5.1. Labeling, Additives and Regulatory Proposals in Marketing and Advertising
- 10.6. Nutrition and Endocrine Disruptors
- 10.7. The Global Obesity and Malnutrition Epidemic, Associated with Inequity: "A Planet of Fat and Hungry People"
- 10.8. Feeding in Childhood and Youth and Habits Acquisition in Adulthood
  - 10.8.1. Ultraprocessed Foods and Beverages Other Than Water: A Population Problem
- 10.9. Food Industry, Marketing, Advertising, Social Networks and their Influence on Food Choice
- 10.10. Healthy, Sustainable and Non-Toxic Food Recommendations: Policy



*The decision you make now will mark your future. Choose this Professional Master's Degree and start an academic experience that will mark a before and after in your professional career"*



06

# 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. 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.



“

*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

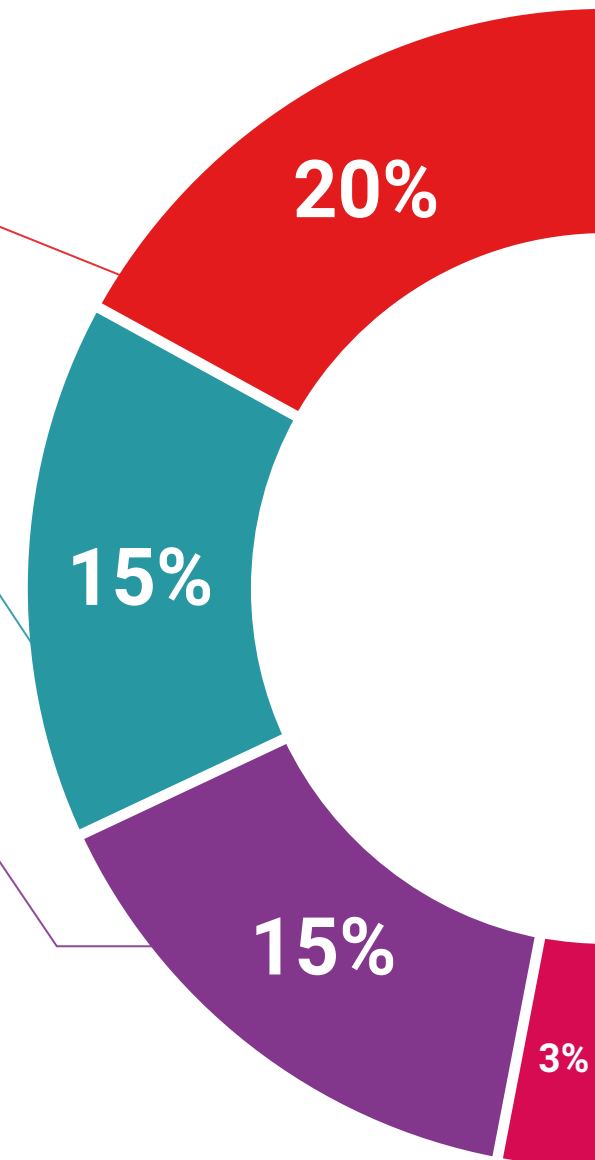
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

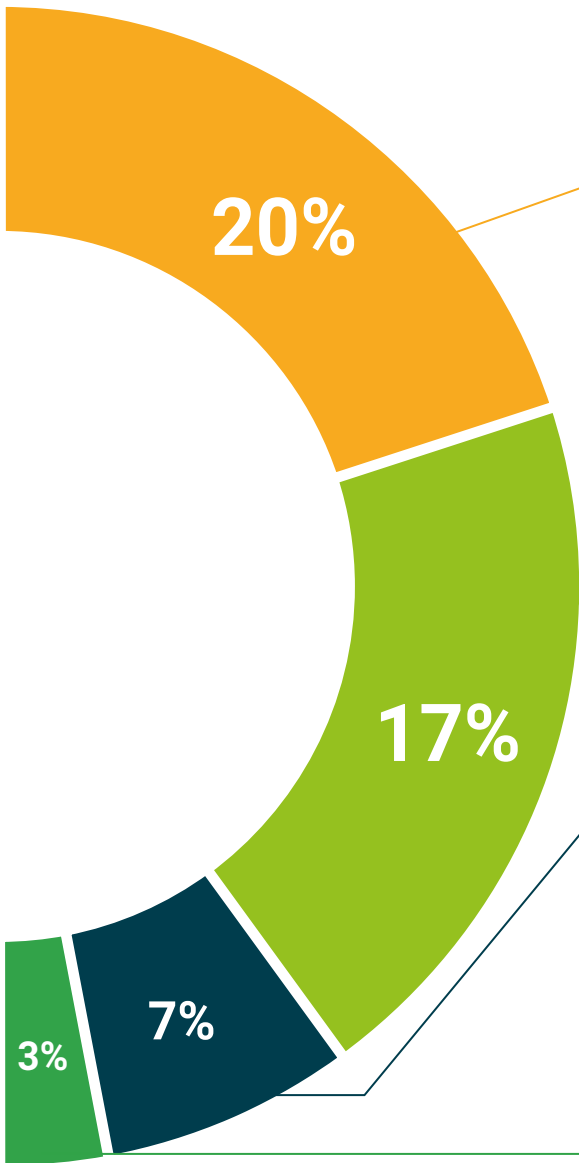
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



### 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.





07

# Certificate

The Professional Master's Degree in Diet Therapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree diploma issued by TECH Technological University.



“

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

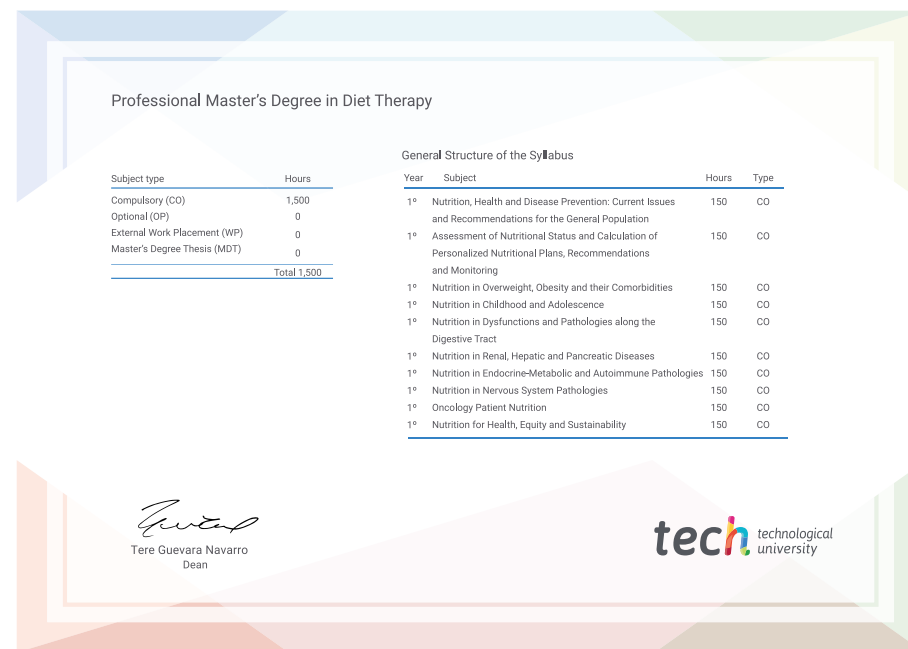
This **Professional Master's Degree in Diet Therapy** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Professional Master's Degree** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Professional Master's Degree, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Professional Master's Degree in Diet Therapy**

Official N° of Hours: **1,500 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 quality  
development language  
virtual classroom

**tech** technological  
university

## Professional Master's Degree

### Diet Therapy

- » Modality: **online**
- » Duration: **12 months**
- » Certificate: **TECH Technological University**
- » Dedication: **16h/week**
- » Schedule: **at your own pace**
- » Exams: **online**



# Professional Master's Degree

## Diet Therapy