

Postgraduate Certificate

Nutritional Therapy



Postgraduate Certificate Nutritional Therapy

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

Website: www.techtute.com/us/physiotherapy/postgraduate-certificate/nutritional-therapy



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01

Introduction

This Postgraduate Certificate is designed to provide in-depth knowledge of nutritional therapy as a tool to maintain, recover, and improve health, with food at the core of health management. Learn and update your skills in the possibilities of nutritional therapy in a practical way, through the latest educational technology, 100% online, tailored to the needs of the professional.





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The field of natural therapies is an emerging field of health sciences, which is being incorporated gradually and complementarily to traditional health structures. But in order to be able to respond to this emerging need, it is essential to have an adequate specialization”

The multiplicity of terms used to refer to Natural Therapies has led to the existence of different definitions and classifications of these therapies. The National Center for Complementary and Alternative Medicine (NCCAM) has proposed a pragmatic classification of natural therapies into five areas, within which Nutritional Therapy would fall under the category of Biological Practices. This category includes therapies that use substances found in nature, such as herbs, flowers, leaves, tree bark, fruits, seeds, stems, roots, foods, and vitamins, used for their taste, aroma, or potential therapeutic properties. Nutritional Therapy specifically involves the use of nutrients and foods to help the body restore or maintain balance and health.

While dietary and nutritional counseling is widely integrated into conventional, scientifically-based Western medicine, it is considered a natural, complementary, or alternative therapy when it is a central element in the health-disease management process within conceptually alternative healthcare systems.

The content of the program is based on the latest scientific evidence and the experience of renowned professionals in the field of nutritional therapy, which gives it a practical and straightforward approach that can be easily applied in daily clinical practice.

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

- Specific nutritional therapeutic proposals presented by experts
- Procedures developed in real cases in an eminently practical and useful way to enhance the desired therapeutic action
- Includes questionnaires and self-assessment exercises on the contents presented to improve understanding of the concepts and enhance learning
- Video lessons about the different techniques and their approach
- Theoretical lessons questions to the expert, discussion forums on controversial issues, and individual reflection work
- Access to content from any desktop or portable device with an internet connection



Update your knowledge through the Nutritional Therapy program in a practical way, tailored to your needs"

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This Postgraduate Certificate could be the best investment you can make when selecting a professional development program for two reasons: in addition to updating your knowledge in nutritional therapy, you will receive a university certificate from TECH Global University”

Its teaching staff includes health professionals, who bring to this training the experience of their work, in addition to recognized specialists in other disciplines.

Thanks to its multimedia content, developed with the latest educational technology, professionals will benefit from situated and contextual learning—simulated environments designed to provide immersive learning experiences that prepare them for real-life situations.

This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise during the course. For this, you will have the support of an innovative interactive video system created by renowned experts in the field of nutritional therapy with extensive teaching experience.

The Postgraduate Certificate includes real-life case studies and exercises to bring the program's development closer to everyday clinical practice.

Take advantage of this opportunity to update your knowledge in nutritional therapy to improve patient care and complement therapeutic recommendations.



02 Objectives

The main objective of the program is to develop theoretical and practical learning, enabling the physician to master the nutritional therapeutic recommendations in a practical and rigorous manner.





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This continuing education program will instill a sense of confidence in the practice of medical care, helping you to grow both personally and professionally”



General Objective

- Develop dietotherapy proposals applied to the main human pathologies, as well as treatment and support with dietary supplements



Take advantage of the opportunity and take the step to update yourself on the latest advancements in nutritional therapy”





Specific Objectives

- ♦ Define the biology of life from the perspective of Natural Therapies
- ♦ Define the anatomical, biochemical, and nutritional functioning of the human body, identifying different biorhythms and their pathognomonic components
- ♦ Describe the most important components of the basic systems of regulation, symbiosis, and homeostasis
- ♦ Lay the foundations of Phytotherapy applied to the main human pathologies
- ♦ Classify the main medicinal plants
- ♦ Describe the common indications of phytotherapy in natural therapy
- ♦ Define clinical aromatherapy
- ♦ Establish the differences between medicinal plants based on their therapeutic actions
- ♦ Address the management of patients with medicinal plants
- ♦ Describe psychoaromatherapy
- ♦ Explain the types of essential oils applied in natural therapy

03

Structure and Content

The structure of the content has been designed by a team of professionals who understand the implications of training in medical practice, are aware of the importance of staying up-to-date to effectively treat patients, and are committed to providing quality education through new educational technologies.



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This Postgraduate Certificate in Nutritional Therapy contains the most complete and up-to-date program on the market”

Module 1. Phytotherapy and Nutritional Therapy

- 1.1. Biological Practices. Nutritional Therapy
- 1.2. Food and Health. Introduction
 - 1.2.1. Fasting and Metabolic Stress. Nutritional Status Assessment
- 1.3. Functional Foods Applied to Human Nutrition
- 1.4. Dietotherapy Proposal Applied to Major Human Pathologies
 - 1.4.1. Obesity
 - 1.4.2. Acute Diarrhea and Malabsorption
 - 1.4.3. Hepatobiliary Disorders and Exocrine Pancreas
 - 1.4.4. Kidney Diseases
 - 1.4.5. Respiratory System Diseases
 - 1.4.6. Neoplastic Diseases
- 1.5. Nutrition and Prevention, Malnutrition, and Disease
- 1.6. Toxicity
- 1.7. Phytotherapy and Other Treatments
- 1.8. Phytotherapy and Medicinal Plants
- 1.9. Phytotherapy. Classification of Medicinal Plants by Therapeutic Action
- 1.10. Macrobiotics
 - 1.10.1. Fundamentals of Energetic Nutrition
 - 1.10.2. Water - Winter
 - 1.10.3. Wood - Spring
 - 1.10.4. Fire - Summer
 - 1.10.5. Earth - Late Summer
 - 1.10.6. Metal - Autumn
 - 1.10.7. Food Chart
 - 1.10.8. Insomnia
 - 1.10.9. Diabetes Mellitus
 - 1.10.10. Migraine
 - 1.10.11. Arthrosis
 - 1.10.12. Obesity





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A unique, essential and decisive learning experience to boost your professional development”

04 Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



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TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of 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.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

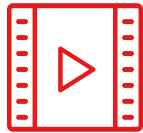
The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

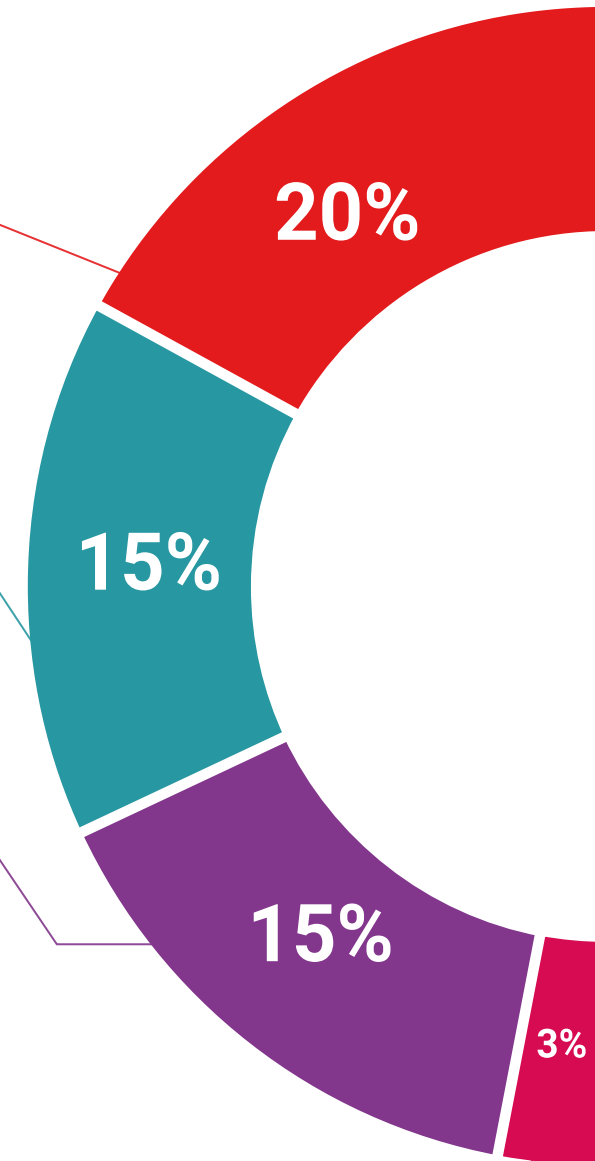
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

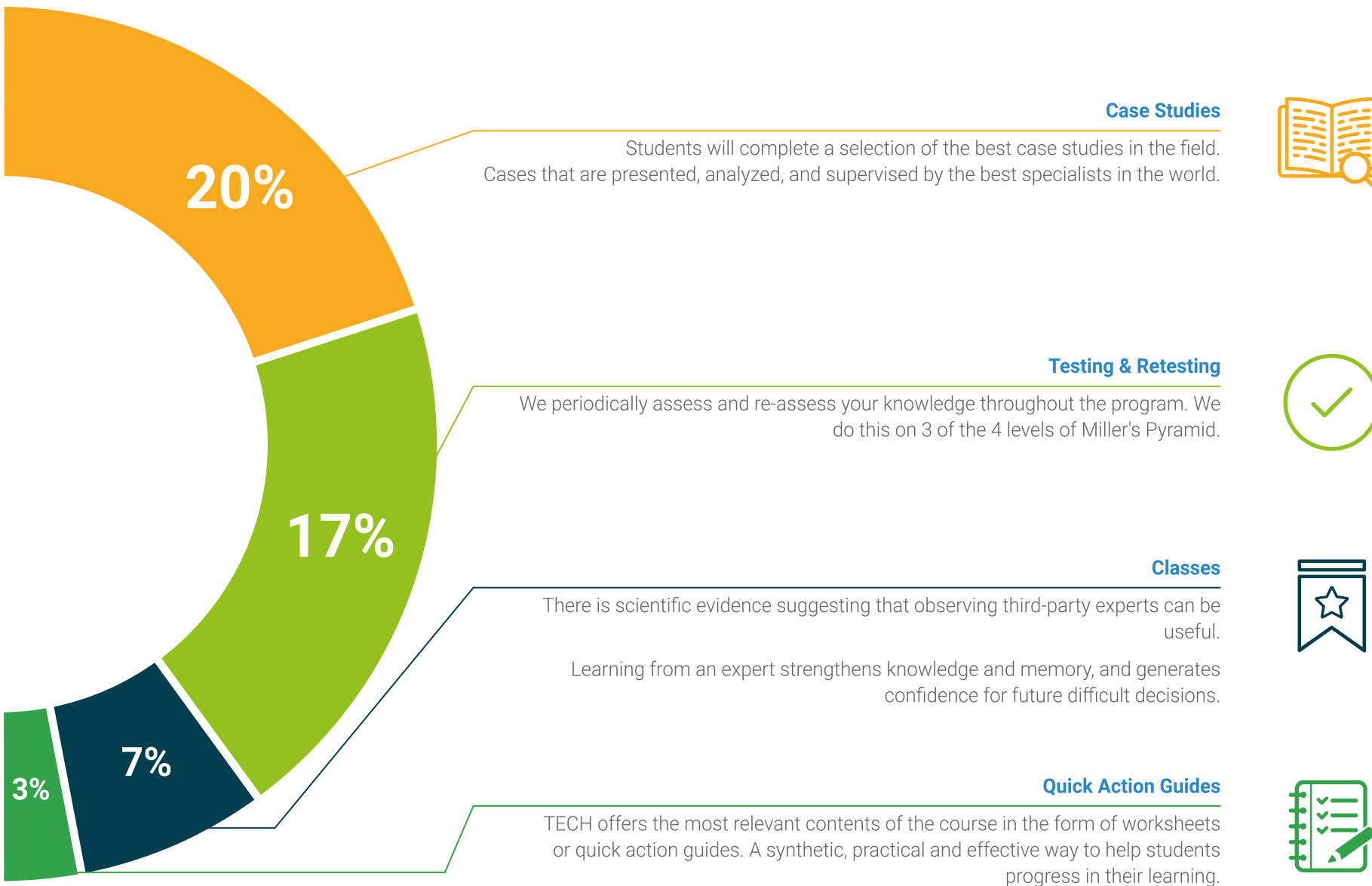
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





05 Certificate

The Postgraduate Certificate in Nutritional Therapy guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the Postgraduate Certificate issued by TECH Global University.



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

This private qualification will allow you to obtain a diploma for the **Postgraduate Certificate in Nutritional 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: **Postgraduate Certificate in Nutritional Therapy**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



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



Postgraduate Certificate Nutritional Therapy

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

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Nutritional Therapy