Master's Degree
Diet Therapy

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Master's Degree
Diet Therapy

- Modality: **online**
- Duration: **12 months**
- Certificate: **TECH Global University**
- Credits: **60 ECTS**
- Schedule: **at your own pace**
- Exams: **online**

Website: www.techtitute.com/us/physiotherapy/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. 26

06 Methodology p. 32

07 Certificate p. 40

01

Introduction

Nutrition and Physiotherapy are related specialties as they both focus on body care and health. Nutritional intake can affect bone and muscle development, so professionals should know the appropriate dietary recommendations for each patient. The combination of physical therapies and diet therapy increases the chances of recovery. In order to provide them with detailed information on the latest developments in this area, TECH has developed a very complete, multidisciplinary and austere program. It is a 100% online degree that includes 1,500 hours of the best theoretical, practical and online content, thanks to which the physiotherapist can delve into the different sections of Nutrition and obtain a broad and updated knowledge about its various applications.

TECH Universidad Tecnológica presents this very complete program as a unique academic opportunity for the physiotherapist to delve into Diet Therapy in a 100% online way"

According to the World Health Organization, since 1975 and up to now, the number of overweight and obese people has tripled, exceeding one billion. of people with obesity or overweight has tripled, surpassing one billion cases worldwide. cases worldwide. One of the main causes, and by far, is poor diet associated with a sedentary lifestyle. Excessive intake of ultra-processed, high-fat, high-carbohydrate foods causes children and adults to gain weight over time to the point where it is detrimental to their health. children and adults gain weight to an extent that is detrimental to their health and quality of life. their health and quality of life.

This situation affects, therefore, their physical and muscular development. the physiotherapy professional, in order to be able to apply his therapies in the most effective and beneficial way for the patient, must know in detail his nutritional deficiencies, in order to be able to apply his own strategies in combination with the nutritional recommendations for each case.

For this reason, and with the aim of bringing the specialist in this sector up to date, TECH has developed this Master's Degree in Diet Therapy. TECH has developed this Master's Degree in Diet Therapy. This is an austere, multidisciplinary and dynamic program with which the graduate will be able to learn in detail the advances that have been made in terms of nutrition, health and disease prevention. For this purpose, you will have 1,500 hours of theoretical, practical and additional material with which you will be able to delve into the nutritional assessment of the patient with different pathologies, as well as the most respectful feeding strategies.

A 100% online degree designed by experts in the sector, which gathers the most updated information and includes real clinical cases in which you will be able to apply what has been developed throughout the syllabus. In addition, all the content will be available from the beginning of the program and can be downloaded to any electronic device with internet connection. It is, therefore, a unique opportunity to get up to date in a comprehensive way with a degree adapted to your needs and to the current demand of the physiotherapeutic sector.

This **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 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 the self-assessment process can be carried out 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

A program that will give you the keys to implement in your practice the most innovative strategies related to the nutritional monitoring of patients undergoing physiotherapeutic treatments"

You will have access to the 1,500 hours of content from the beginning of the program and from any device with an internet connection, being able to organize this academic experience in a totally personalized way"

You will delve into the assessment of the patient's nutritional status, as well as the novelties related to the development of personalized nutritional plans based on their clinical case.

A program with which you will be able to work on the prevention of the disease through Dietetics, increasing the possibilities of recovery that you can offer to your patients.

The program includes, in its teaching staff, professionals from the sector who bring to this program the experience of their work, in addition to recognized specialists from prestigious reference societies and 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 is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

02

Objectives

The physiotherapist, as a specialist in the bone and muscle section of the human body, plays a leading role in the prevention of physical comorbidities derived from poor nutrition. For this reason, the objective of this Master's Degree is to provide the professional with the most exhaustive and innovative information related to this subject, allowing him/her to get up to date in a 100% online way and in only 12 months, with the latest advances in Diet Therapy and its application in the clinical physiotherapeutic field.

You are before a program designed with the objective of exceeding your academic expectations through the use of the most innovative academic tools and the development of the syllabus that best adapts to the current situation of the sector"

General Objectives

- Broaden knowledge and incorporate advanced and innovative knowledge in food and nutrition in the daily clinical practice of the Communication Management
- 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

A unique academic opportunity to get up to date with the advances in Diet Therapy and its applications in the clinical physiotherapeutic field, through the most complete degree in the market"

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 assessment of the clinical case, interpretation of causes and risks
- Personalized calculation of nutritional plans taking into account all individual variables
- Draw up nutritional plans and models order to provide comprehensive and practical recommendations

Module 3. Nutrition in Overweight, Obesity and their Comorbidities

- Adequate 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 functioning of the digestive tract, functions and pathologies
- Complete evaluation of the clinical case and the digestive health
- Understanding the intestinal microbiota and its relationship with endocrine and nervous The 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 know 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 La health effects derived from the current food model and the consumption of ultra-processed food

03

Skills

The design of this Master's Degree in Diet Therapy has been developed with the aim that the graduate, apart from expanding and updating their knowledge, can work on improving their professional skills. For this purpose, you will have a multitude of real clinical cases, extracted from the consultations of experts in nutrition and endocrinology, in which you will be able to apply the strategies and techniques developed throughout the syllabus, putting your skills into practice.

A program designed for you to perfect your skills through practice and simulated participation in the clinical nutritional management of different patients"

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 work on the most relevant nutritional aspects during childhood and adolescence, so that you can get up to date, also in this field, and apply them with your young patients"

Specific Skills

- Detect the patient's nutritional Risk 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 La quality of life
- Integrate the concept of sustainability in the recommendation of healthy eating
- Create a flexible and personalized nutritional plan according one that fits to the patient's own demands

04

Course Management

Have a faculty specialized in the area in which the degree is developed is an incentive for the graduate, since he/she will be able to update his/her knowledge with the help of true professionals. For this reason, for this Master's Degree TECH has selected a team of dietitians and nutritionists versed in the clinical management of different types of patients: by age, by disease, by comorbidities, by weight, etc. In addition, this is a group of experts with a commendable human quality, which will make available to the graduate their experience and time so that they can get the most out of this academic experience.

You will have the support of the teaching staff throughout the program, who will help you to solve your doubts and to make this Master's Degree the best academic experience of your life"

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 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

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. 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 HospitalUniversitario 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 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
- Dietitian 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

Mr. Martínez Martínez, Alberto

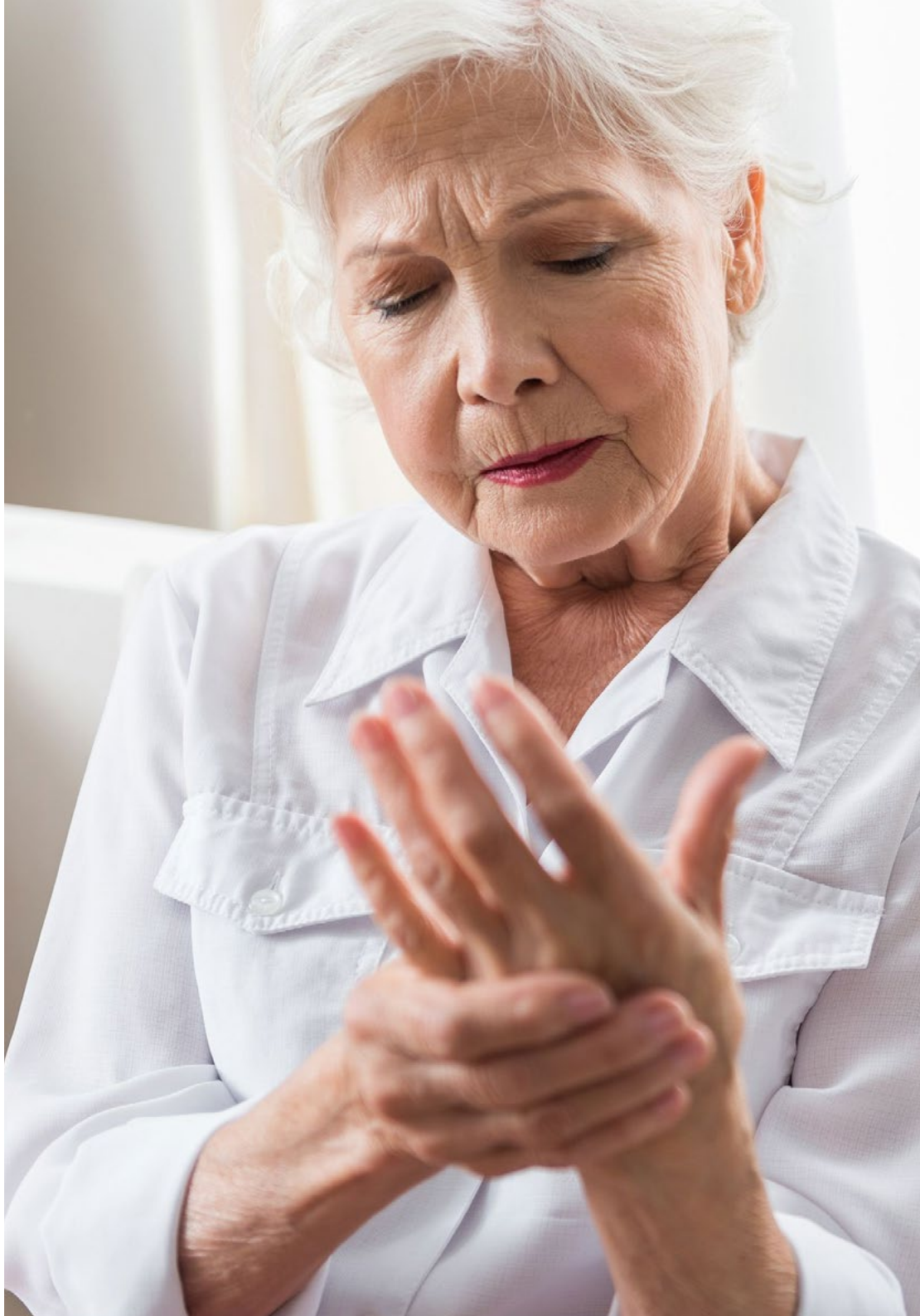
- Nutritional Advisor at Santiveri
- Dietitian responsible for the menu of children with food allergy. Gastronomic
- Dietician- Clinical Nutritionist at the University Hospital Antonio
- Degree in Human Nutrition and Dietetics. Fluminense Federal University
- Graduate in Human Nutrition and Dietetics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

Dr. 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

The success of TECH programs is no secret. All of its programs include the most avant-garde and austere content in the academic sector. In this case, the program in Diet Therapy has been developed taking into account the criteria of the teaching team, since, being composed of active professionals, they know in detail the latest developments in the sector. Besides, it employs in Their Development the prestigious and Effectives *Relearning* methodology, which consists of reiterating the most important concepts throughout the syllabus. Thanks to this, and to the amount of additional material included, the student will be able to update his knowledge in an austere, dynamic and totally guaranteed way.

In the virtual classroom you will find detailed videos, research articles and complementary readings to delve into the section in the syllabus you are most interested in"

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

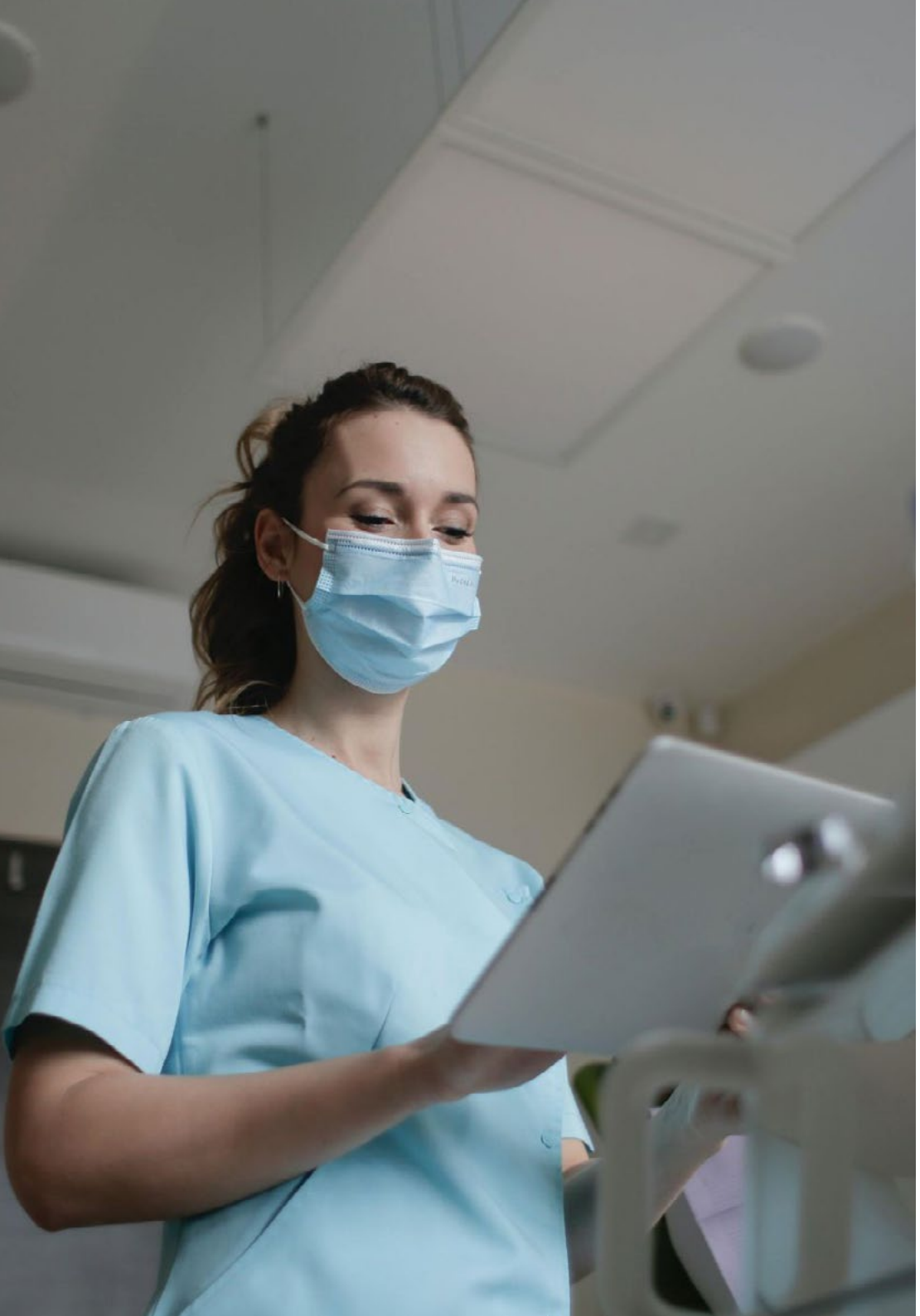
1.1. Feeding Habits in the Current Population and Health Risks
1.2. Mediterranean and Sustainable Diet
  1.2.1. Recommended Dietary Pattern
1.3. Comparison of Dietary Patterns or "Diets"
1.4. Nutrition in Vegetarians
1.5. Childhood and Adolescence
  1.5.1. Nutrition, Growth and Development
1.6. Adults
  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 Diabesity
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 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. Amenorrea
  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

Enroll now and do not miss the opportunity to access a program designed by and for professionals who seek to keep abreast of immediate developments in the field of Diet Therapy"

06

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: ***Relearning.***

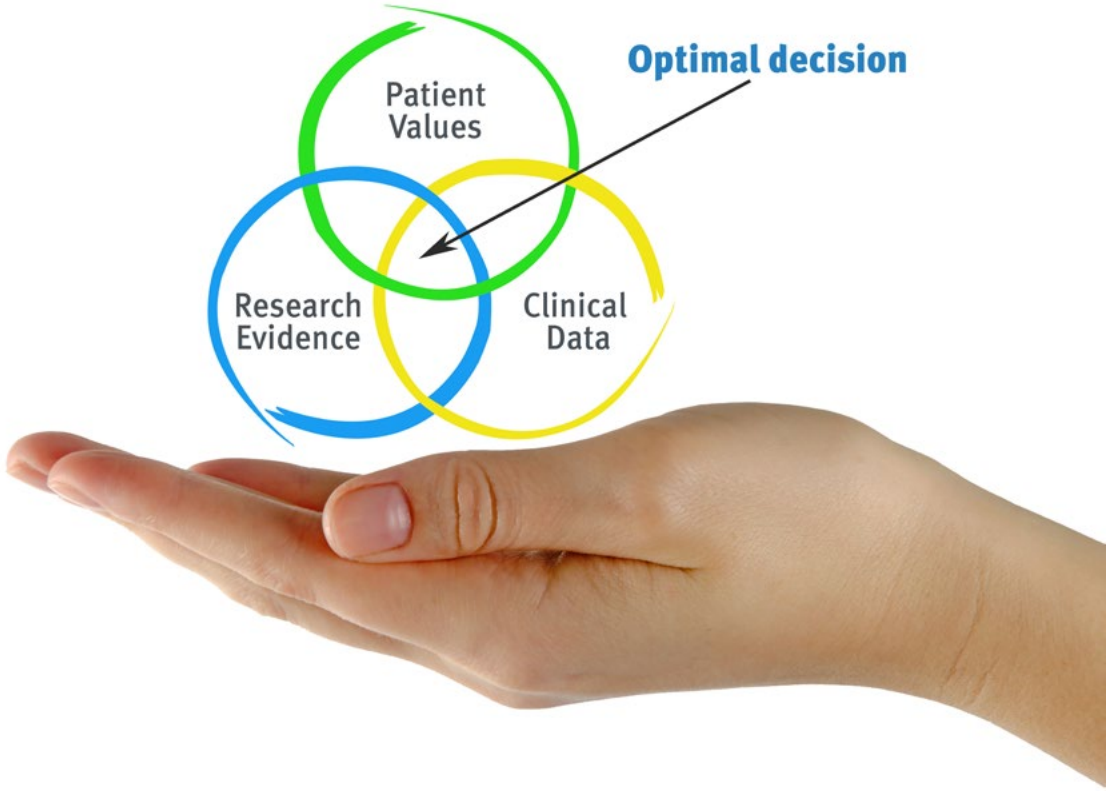
This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the ***New England Journal of Medicine*** have considered it to be one of the most effective.

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 face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Physiotherapists/kinesiologists learn better, faster, 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, trying to recreate the real conditions of professional physiotherapy 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:

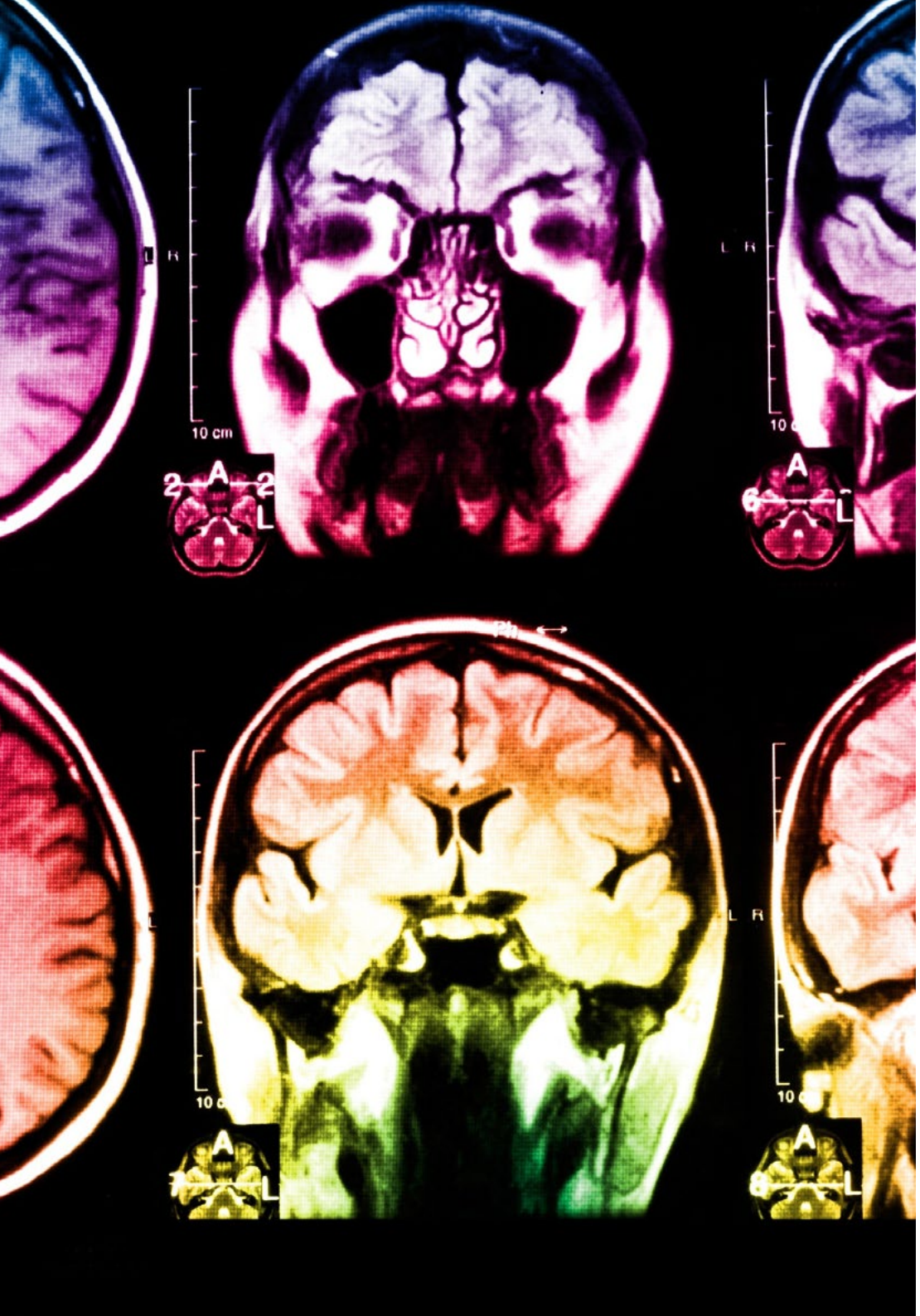
1. Physiotherapists/kinesiologists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the physiotherapist/kinesiologist to better integrate 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.

This 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, a real revolution with respect to the mere study and analysis of cases.

The physiotherapist/kinesiologist 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 we trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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 our 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 produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

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.

Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.

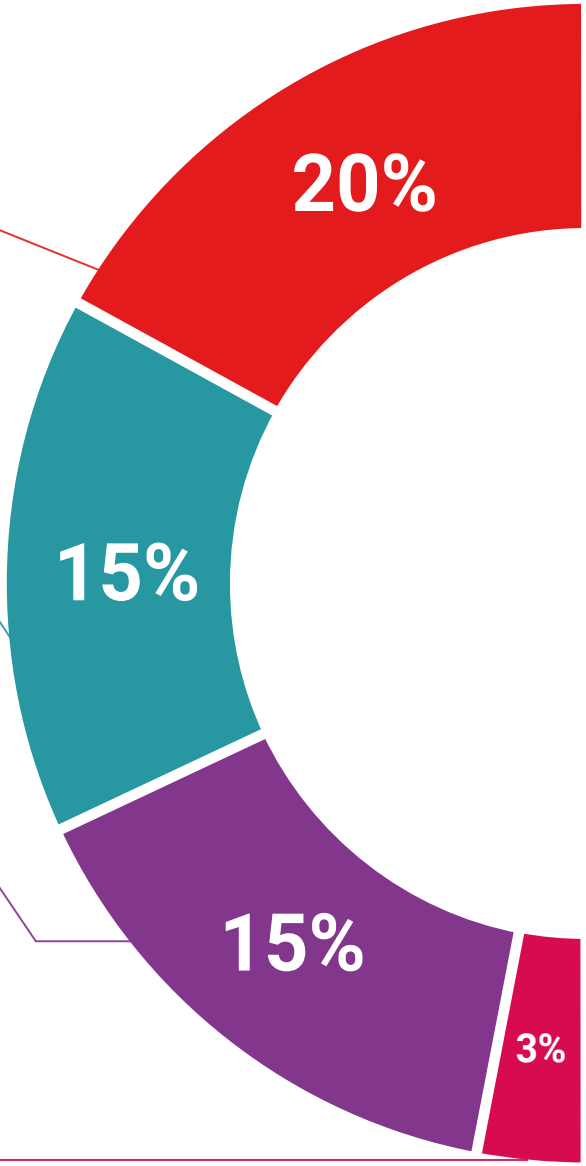
Interactive Summaries

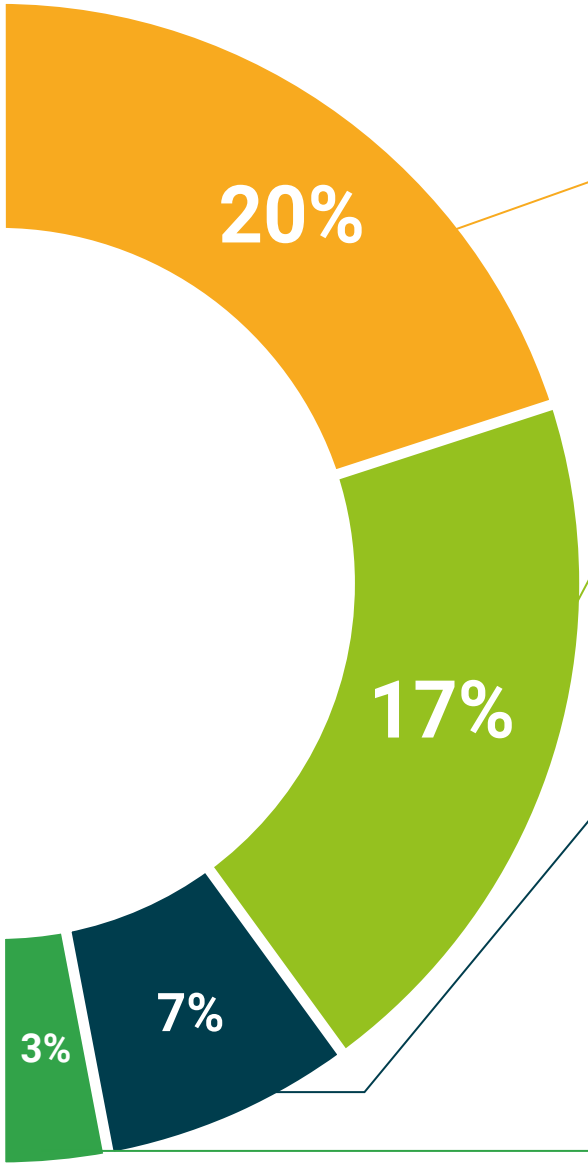
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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, TECH presents real cases in which the expert will guide students, 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 Master's Degree in Diet Therapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Master's Degree diploma issued by TECH Global University

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 **Master's Degree diploma in Diet Therapy** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra ***(official bulletin)***. Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

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

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**

tech global university

Mr./Ms. _____, with identification document _____
has successfully passed and obtained the title of:

Master's Degree in Diet Therapy

This is a private qualification of 1,800 hours of duration equivalent to 60 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: AFWORD23S techtitute.com/certificates

Master's Degree in Diet Therapy

Subject type	ECTS
Compulsory (CO)	60
Optional (OP)	0
External Work Placement (WP)	0
Master's Degree Thesis (MDT)	0
Total	60

General Structure of the Syllabus

Year	Subject	ECTS	Type
1º	Nutrition, Health and Disease Prevention: Current Issues and Recommendations for the General Population	6	CO
1º	Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring	6	CO
1º	Nutrition in Overweight, Obesity and their Comorbidities	6	CO
1º	Nutrition in Childhood and Adolescence	6	CO
1º	Nutrition in Dysfunctions and Pathologies along the Digestive Tract	6	CO
1º	Nutrition in Renal, Hepatic and Pancreatic Diseases	6	CO
1º	Nutrition in Endocrine-Metabolic and Autoimmune Pathologies	6	CO
1º	Nutrition in Nervous System Pathologies	6	CO
1º	Oncology Patient Nutrition	6	CO
1º	Nutrition for Health, Equity and Sustainability	6	CO

Dr. Pedro Navarro Illana
Rector

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*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

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Master's Degree
Diet Therapy

- Modality: **online**
- Duration: **12 months**
- Certificate: **TECH Global University**
- Credits: **60 ECTS**
- Schedule: **at your own pace**
- Exams: **online**

Master's Degree
Diet Therapy

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