

Postgraduate Certificate

Nutrition in Childhood and Adolescence



Postgraduate Certificate Nutrition in Childhood and Adolescence

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

Website: www.techtitute.com/us/physiotherapy/postgraduate-certificate/nutrition-childhood-adolescence

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 18

05

Methodology

p. 22

06

Certificate

p. 30

01

Introduction

The correct bone and muscle development during the growth stage is motivated, to a greater extent and if the infant does not suffer from any pathology that intervenes in it, by the correct nutrition. A balanced supply of calcium, phosphorus, iron, magnesium, vitamins and minerals through the intake of a variety of foods will increase the chances of growing healthy and strong. For this reason, the physiotherapy specialist, who knows perfectly the nutritional needs of the muscles and bones, must keep up to date with the latest developments in this area, in order to be able to offer an even more specialized and successful service, something that can be worked on with this program. This is a 100% online program that includes 150 hours of the best theoretical, practical and additional content with which the graduate will be able to keep up to date with the advances in Nutrition.



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TECH offers you the possibility of studying a program designed by experts in Nutrition and focused on getting Physiotherapy professionals like you up to date in this field in a 100% online way"

The functions of Physiotherapy are mainly based on acting in the prevention, maintenance and recovery of the body's functionality through the therapeutic treatment of bone and muscle systems. This is essential during the growth stage, in which Nutrition plays a leading role. Without the correct and balanced nutritional intake, based mainly on the ingestion of foods containing calcium, phosphorus and iron, the patient can develop problems that can affect not only their digestive and immune system, but also their bones and muscles, increasing during adulthood.

For this reason, the combined action of the Physiotherapy specialist is essential, through strategies that combine physical therapies with dietary control adapted to the patient's needs. In order for the graduate to be able to delve into the novelties of the latter, TECH has developed the Postgraduate Certificate in Nutrition in Childhood and Adolescence. This is a complete and austere program thanks to which you will have the opportunity to get up to date on nutrition education and feeding models in childhood, as well as to know in detail the current recommendations in the development of personalized dietary plans.

All this through 150 hours of the best theoretical, practical and additional content, which you will be able to enjoy for 6 weeks. In addition, in order to provide this academic experience with a facilitating and accessible character, the professional will have the possibility to take the program with a schedule fully adapted to their availability and making use of any device with an Internet connection, whether it is a PC, tablet or cell phone.

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

- ♦ The development of practical cases presented by experts in Nutrition and Endocrinology
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice.
- ♦ Practical exercises where 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 dynamic and austere academic option to learn in detail the new developments that revolve around the causes and interrelated factors of childhood obesity"

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You will have 150 hours of the best additional material including: self-awareness exercises, detailed videos, images, research articles, and much more!"

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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

This program 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 students will be assisted by an innovative interactive video system created by renowned and experienced experts.

A program with which you will be able to work on nutrition education through the most dynamic and innovative information.

You will delve into the most recent aspects related to Nutrition in special situations: celiac disease, food allergies, diabetes and dilipemias.



02 Objectives

The objective of this course is none other than to provide students with all the academic tools that will enable them to achieve their own goals in their professional sector. TECH and its team of experts have invested dozens of hours in creating a complete, up-to-date, comprehensive and top-quality qualification, adapted to the most demanding market specifications. Therefore, by passing this course, the student will have been able to get up to date on the latest developments in Nutrition and will be able to apply them in their physiotherapy practice.





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You will work on the prevention of the risks of childhood obesity, so that from your practice you can instill in your patients the healthiest and most recommended eating habits”



General Objectives

- ♦ Be updated on the most relevant and novel issues related to the nutritional management of young patients with eating disorders
- ♦ Improve their skills through the practical resolution of real clinical cases taken from the practicing professionals



If one of your objectives is to get up to date on feeding models and nutritional recommendations for young patients, TECH guarantees that with this Postgraduate Certificate you will overcome them"





Specific Objectives

- Update knowledge on overweight and obesity in children and adolescents, 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 the new evidence on feeding models in pediatrics and adolescent medicine and the useful tools for consultation
- Approach nutrition adapted to pediatric pathology

03

Course Management

TECH has selected for the teaching team of this program a group of Nutritionists and Endocrinologists versed in the clinical management of children and adolescent patients with various eating disorders. Therefore, this 100% online program is the perfect opportunity to learn in detail the latest developments in this area and its application in children and adolescents, from the hands of real professionals who perfectly control their most current ins and outs.



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If you have any doubts, don't worry: you will have the possibility of individualized tutorials with the teaching team to solve them"

Management



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 of the Master's Degree in Obesity and Comorbidities at the Rey Juan Carlos University
- ♦ Professor at the Course of Excellence in Obesity at the University Hospital Fundación Jimenez Díaz
- ♦ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid.
- ♦ Nutrition and Food for the Elderly by the Complutense University of Madrid
- ♦ Nutrition and Sports for Professionals by the Fundación Tripartita
- ♦ Refresher Course on Practical Diabetes Type 1 and 2 for Health Professionals



Dr. Vázquez Martínez, Clotilde

- ♦ Corporate Head in the University Hospital Endocrinology and Nutrition Departments, Fundación Jiménez Díaz
- ♦ Head of the Endocrinology and Nutrition Service at Ramón y Cajal University Hospital
- ♦ Head of the Endocrinology and Nutrition Service at Severo Ochoa University Hospital
- ♦ President of The Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid SENDIMAD ()
- ♦ Coordinator Therapeutic Education Group Group of the Spanish Society of Diabetes
- ♦ Doctor of the Faculty of Medicine of 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 by the University Hospital Fundación Jimenez Díaz .
- ♦ 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
- ♦ Graduate in Medicine and Surgery from Universidad de Navarra
- ♦ Master's Degree in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ♦ Course in Bariatric Antecedents of Surgery Patient Emergencies: Key References for the Attending Physician
- ♦ Member of: Institute for Health Research Foundation Jiménez Díaz, Health Commission of FEAPS Madrid and Trisomy 21 Research Society

Professors

Dr. Fernández Menéndez, Amanda

- ♦ Doctor Specialist in Pediatric Endocrinology and Nutrition at the University Hospital Fundación Jimenez Diaz
- ♦ 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

Dr. Núñez Sanz, Ana

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

Dr. Prieto Moreno, Ana

- ◆ Nutritionist in the Department of Endocrinology and Nutrition at University Hospital Fundación Jiménez
- ◆ Nutritionist at the General Hospital of Villalba
- ◆ Nutritionist at the Infanta Elena University Hospital
- ◆ Nutritionist in the Superior Sports Council
- ◆ Nutritionist at the WWF
- ◆ Nutritionist at Medicadiet
- ◆ Nutritionist at anitas Sociedad Anónima de Seguros
- ◆ Nutritionist at La Paz University Hospital
- ◆ Nutritionist at Fundación Mapfre
- ◆ Nutritionist at Copernal Publishing
- ◆ Nutritionist at Revista Diabetes
- ◆ Master's Degree in Obesity and its Comorbidities, Prevention Strategies, Diagnosis and Integral Treatment at the University of Alcalá
- ◆ Master's Degree 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

Ms. Labeira Candel, Paula

- ◆ Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- ◆ Sports and clinical nutritionist at the Clinical Institute of Overweight and Obesity
- ◆ Nutritionist Sports and Clinical at Medicadiet, Slimming & Nutrition
- ◆ Sports Nutritionist at the CF 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



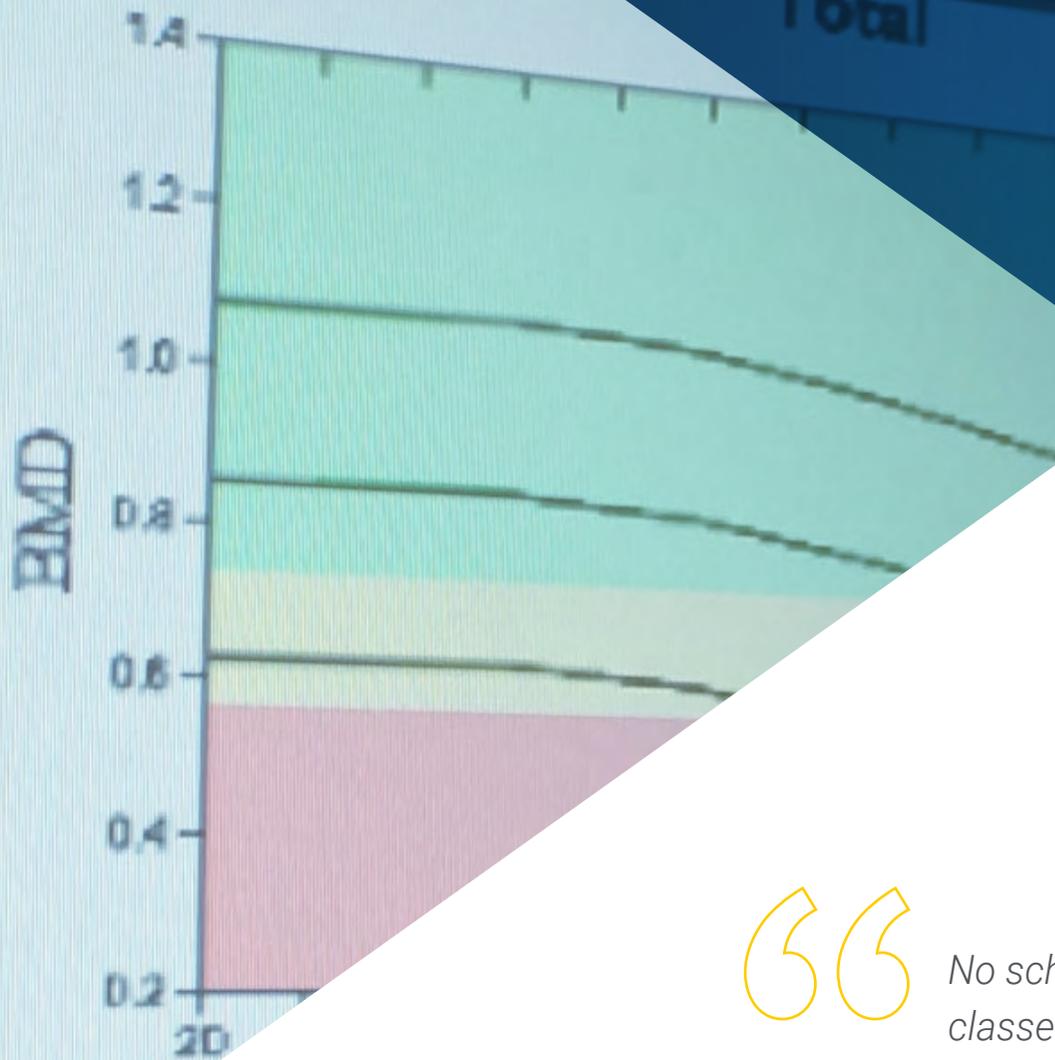
A unique, key, and decisive educational experience to boost your professional development"

04

Structure and Content

The success of this university lies in the quality of its programs, which, despite being presented in a convenient online format and guaranteeing a reduced course load, have a very high level of training, superior to that of any classroom-based program. This is possible thanks to the use of the best and most sophisticated academic tools, the most avant-garde pedagogical methodology and the collaboration of the teaching staff. All of this allows TECH to create highly beneficial programs for the professional development of any graduate through an educational experience adapted to their needs and those of the market.





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No schedules or face-to-face classes: you can connect whenever you want and can and from any device with an Internet connection"

Module 1. Nutrition in Childhood and Adolescence

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





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A program with which you can continue to apply physiotherapy, but this time, combined with the most advanced and innovative nutritional strategies to ensure optimal development in your child and adolescent patient”

05 Methodology

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

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





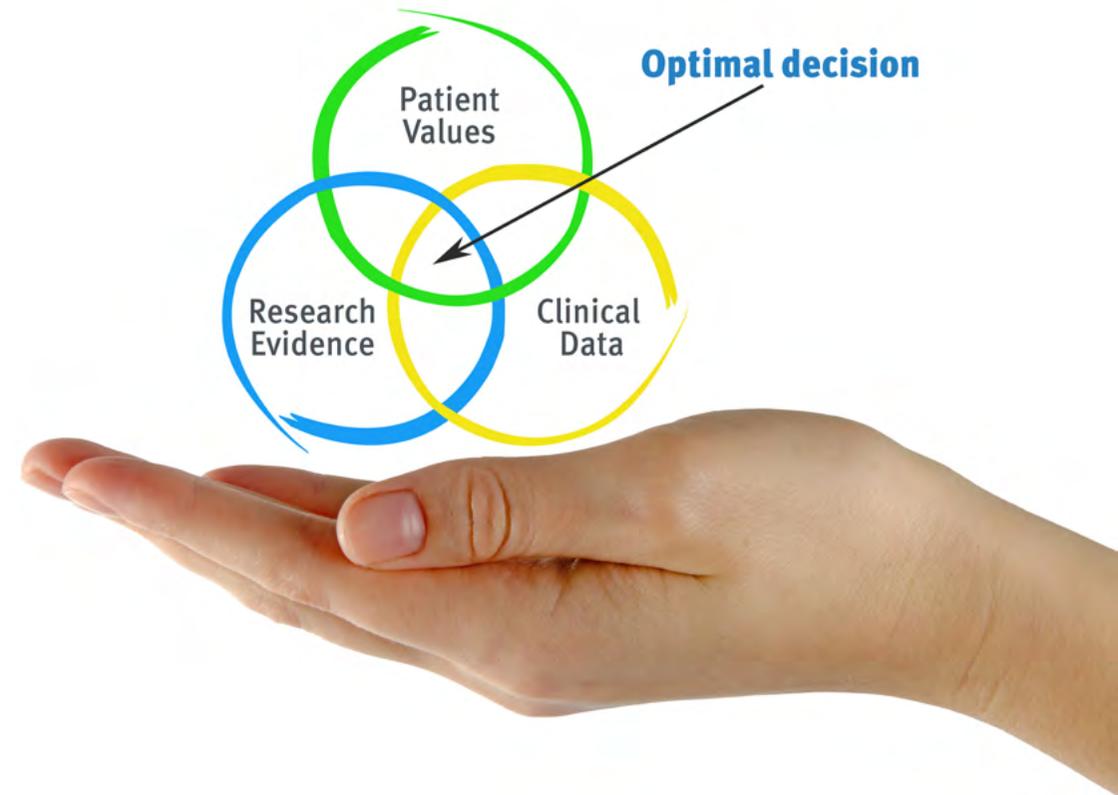
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”

At TECH, we use the Case Method

What should a professional do in a given situation? Throughout the program, students will 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.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method.

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

1. 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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

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 enabled more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the workload. Our educational 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 education, 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 adapted in 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, students can watch them as many times as they want.



Interactive Summaries

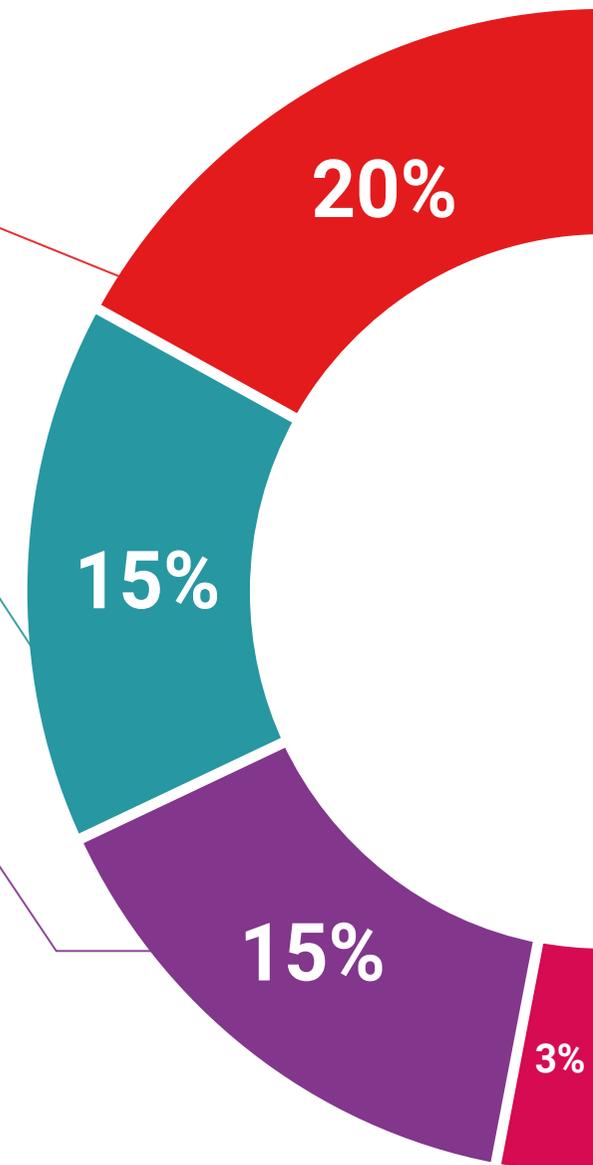
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

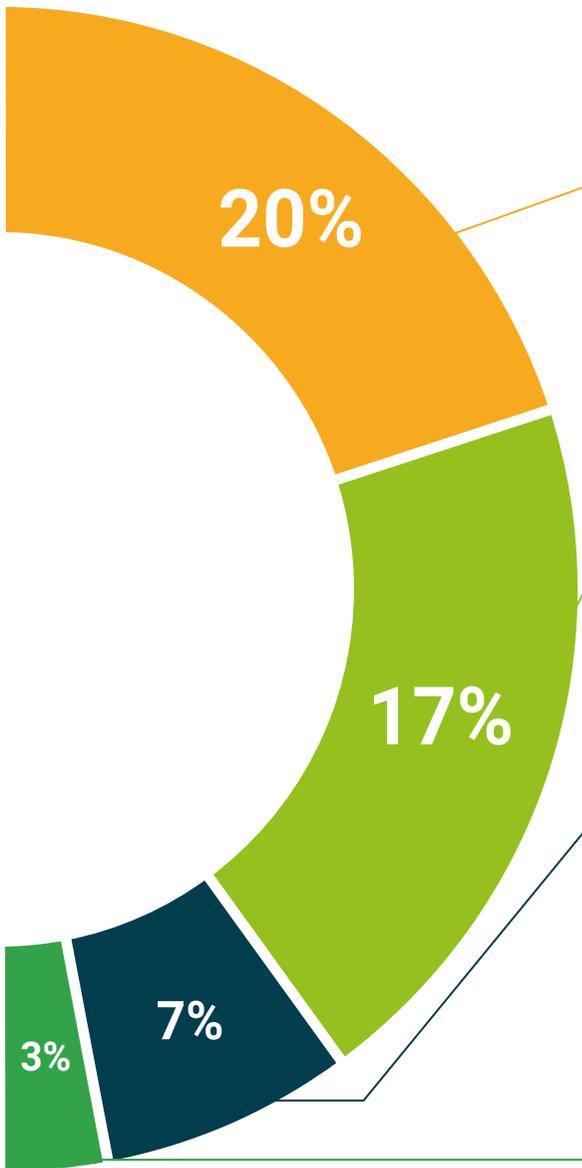
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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 assess and re-assess 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 suggesting that observing third-party experts can be useful. Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical and effective way to help students progress in their learning.



06

Certificate

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





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

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

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery*.

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

Title: **Postgraduate Certificate in Nutrition in Childhood and Adolescence**

Official N° of Hours: **150 h.**



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

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

tech technological
university

Postgraduate Certificate
Nutrition in Childhood
and Adolescence

- » Modality online
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knowledge

present

online tra

velopment

language

virtual classroom

Postgraduate Certificate

Nutrition in Childhood and Adolescence

