

Teaching guide

IDENTIFICATION DATA

Title:	Degree in Pharmacy		
Knowledge Branch:	Health Sciences		
Faculty / School:	experimental sciences		
Subject:	Nutrition and diet		
Guy:	Mandatory	ECTS credits:	6
Course:	3	Code:	2539
Teaching period:	Sixth semester		
Matter:	Nutrition		
Module:	Medicine and Pharmacology		
Type of teaching:	Face-to-face		
Idiom:	Castilian		

Total hours of student dedication: 150

Teaching team	Email
Maria Teresa Iglesias López	m.iglesias.prof@ufv.es
Marta Garcés Rimón	marta.garces@ufv.es

COURSE DESCRIPTION

In the subject of Nutrition, the fundamentals and bases necessary to identify the interaction will be studied between food and the human body and being able to plan an adequate diet for each situation physiological.

We want to train people, competent health professionals, in the field of a university community alive and proactive, that they are prepared to carry out the pharmaceutical practice in all its aspects from the highest level, in national and foreign institutions and generate new contributions to it, both in the field

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scientific-technical, participating in research groups and scientific dissemination and professional development based on ethical values. To carry out this endeavor, there are three main lines proposed by the UFV: academic excellence, personalized and comprehensive training of the student, and their practical training for access to the world of work.

If we consider man as a being who needs to cover a series of basic needs, and therefore, nourish or use people who provide care, which can sometimes be highly specialized, we are assuming the importance and evidence of the anthropological basis of our future pharmacy professionals who must seek well-being and restore health.

Nutrition and Diet is a 6-credit course that will be taught during the 2nd semester. A fundamental concern should be to achieve that the student acquires a unitary and organic vision of the course; that is able to expose it in a logical way after having achieved not only a vision analytical of the same, but a synthetic vision that allows you to relate the different parts or treaties of a same subject, as well as the different disciplines among themselves. With the subject of Nutrition and Dietetics, aims for the student to know the general concepts and principles that are basic to understand the functions of the different body systems, the way they work and the way each of them they contribute to the functions of the organism as a whole. You must know the impact of alterations of the physiological functions of the different systems, the mechanism of action of these alterations and their basic expression.

OBJECTIVE

Know the foods, their importance and their composition

The specific purposes of the course are:

Know the different nutrients and the consequences of an inadequate intake on the health of the individual.

To develop the capacity to use diet as an instrument to maintain and recover the health of the persons.

Integrate dietary and nutritional knowledge in the performance and development of pharmaceutical activities

PRIOR KNOWLEDGE

Basic knowledge of Biochemistry and Human Physiology

CONTENTS

UNIT 1 Key concepts in nutrition and dietetics.

UNIT 2 Carbohydrates. Metabolism. Classification. Functions. Dietary fiber

UNIT 3 Proteins. Metabolism. Sources. Classification. Functions. Amino acids. Protein quality

UNIT 4 Lipids. Metabolism. Sources. Classification. Functions. Functions of essential fatty acids

UNIT 5 Fat-soluble and Water-soluble Vitamins. Classification. Functions. Dietary sources. Intakes recommended. Pathologies due to deficiency and excess

UNIT 6 Minerals. Functions. Dietary sources. Recommended intakes. Effects of deficiency and excess.

UNIT 7. Nutritional labeling

UNIT 8 Water and electrolytes. Functions. Reference needs and intakes. Regulation of acid balance base. Alcohol.

UNIT 9 Bioactive compounds. Functional Foods.

UNIT 10 Regulation of energy balance and body composition. Energy expenditure. Eating habits. Methods for the evaluation of food intake. Food composition tables.

UNIT 11 Nutrition in the different stages of life. Nutrition in menopause. Nutrition in sport

ITEM 12 Dietary advice on prevalent non-communicable diseases. Allergies and Food Intolerances.

UNIT 13 Emotional nutrition. Influence of the senses in the act of eating

UNIT 14 Dietary advice in digestive and kidney diseases. Dietary advice in other pathologies. Obesity. Eating disorder. Drug-nutrient interactions

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UNIT 15 Enteral nutrition. Parenteral nutrition. Nutrigenomics and Nutrigenetics

FORMATION ACTIVITIES

Theoretical classes and seminars

Works

Practices

Tutorials

Virtual classroom

Synchronous and asynchronous theoretical classes: They will consist of master classes given by the teacher in which they will develop the fundamentals of the subject. These classes will be supported by presentations by computer that will be available to the student through the Web page of the subject. In addition to the oral presentation, other didactic resources will be used and the active participation of the students will be encouraged. students in order to facilitate greater reception and understanding.

Training activities, as well as the distribution of working times, may be modified and adapted according to the different scenarios established following the indications of the authorities sanitary.

Seminars: several seminars will be held throughout the course with invited researchers who are experts on the subject. develop.

Group work that will be defended with an oral presentation
Transversal work

Practices:

1. Practice in the computer room with specialized software in the area of nutrition.
2. Laboratory practices: Analysis of foods and beverages of habitual consumption.

Tutorials: Through tutorials the teacher, at the request of the student and at the time established for it, will solve doubts or discuss the questions raised by the student, in order to guide them in learning the course. The tutoring schedule can be consulted in the coordination of the degree and will be informed by the teacher at the beginning of the course

Attention by groups of students, in order to review and debate the topics presented in class and clarify the doubts that may arise in the development of the classes, or in the preparation of works and reports. Monitoring and consolidation of the knowledge acquired by the student.

Web page of the subject: The web page is restricted to students enrolled in the subject and is located within the Virtual Classroom of the UFV. It serves as support for face-to-face teaching, providing the student with information about the subject, as well as materials and necessary support means for your personal work. In addition, it facilitates the student's contact with the teacher through electronic tutorials, to from which a page of frequently asked questions and answers will be developed.

DISTRIBUTION OF WORKING TIMES

PRESENIAL ACTIVITY	SELF-EMPLOYED / ACTIVITY NO PRESENIAL
60 hours	90 hours
AFP1. Synchronous and asynchronous lecture classes	AFNP1. Theory study
AFP2. Practices	AFNP2. Preparation and study of the practices
AFP4. Seminars and / or presentation of the works	AFNP3. Job preparation
AFP4. Tutorials	AFNP4. Tutoring preparation
AFP5. Taking exams	

COMPETENCES

Basic skills

That students have developed those learning skills necessary to undertake studies posterior with a high degree of autonomy

General competences

Develop hygienic-sanitary analysis, especially those related to food and the environment.

Recognize one's own limitations and the need to maintain and update professional competence, providing special importance to the self-learning of new knowledge based on the available scientific evidence.

Provide therapeutic advice in pharmacotherapy and diet therapy, as well as in the nutritional and food field in the establishments in which they provide services.

Intervene in health promotion activities, disease prevention, at the individual and family level and community; with a comprehensive and multiprofessional vision of the health-disease process.

Transversal competences

Cultivate an attitude of intellectual concern and search for the truth in all areas of life.

Develop rigorous thinking habits.

Be able to self-assess the knowledge acquired.

Specific skills

Acquire the necessary skills to be able to provide therapeutic advice in pharmacotherapy and diet therapy, as well as as nutritional and food advice to the users of the establishments in which they provide services.

Understand the relationship between food and health, and the importance of diet in the treatment and disease prevention.

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Page 5**LEARNING OUTCOMES**

Define the nutrients, their functions and their food sources, as well as their composition and value nutrition of foods, their requirements and their nutritional recommendations

Know the characteristics of a balanced diet, nutritional guidelines in the life cycle and recommendations
Diet in the diseases of the consumer society

Assess the role of diet in the development and treatment of diseases

Identify the ingredients and food products with a relevant role in reducing the risk of disease

Management of specialized information resources.

Translate theory to dietary practice in menu making

LEARNING ASSESSMENT SYSTEM

The exams will be face-to-face as long as the health situation allows it

The evaluation will be continuous and formative and the final grade will be the result of numerically weighting a series of individual character qualifications

Written or oral, developmental, short answer or multiple choice tests 55%

Work done 20%

Attendance and participation in classroom activities 10%

Attendance and participation in face-to-face activities in practices 15%

The student must attend 80% of the classes, the student who does not reach this 80% loses the right to evaluation keep going. You must contact the teacher to recover the skills not achieved.

1. Final exam at the end of the course, which will be 55% of the final grade. It will be assessed if the student has acquired a complete and sufficient knowledge to have a global vision of Nutrition and Dietetics, as well as their ability to communicate the knowledge acquired.

The exams will be face-to-face as long as the health situation allows it.

2. Individual / group work. They imply a knowledge of the theoretical contents developed in the subject, the evaluation percentage of the final grade will be 20%. The ability to work in team, exhibition capacity, observation and monitoring capacity before a work plan.

3. Observation technique (class attendance and active participation in classes and group tutorials, as well as in virtual classroom) 10%. The development of habits among others of responsibility, respect, organization and interest.

Given the possibility of confinement and delivery of online teaching, the percentages of evaluation established for face-to-face teaching.

4. Laboratory practices and individual analysis of the diet, the evaluation percentage of the final grade will be the 15%.

5. To pass the course: have at least 5 in the different jobs and practices, which will be carried out in the

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subject and at least reach 5 in the final exam of the subject, to make an average with the evaluation keep going. Attendance at all practical sessions is mandatory. Unexcused absence to any of These sessions entail the loss of the right to the evaluation of practices in the ordinary call and a suspense in the subject. Students in this situation should contact the teacher.

All grades obtained by the student in the course are kept until the extraordinary call.

6. Plagiarism behaviors, as well as the use of illegitimate means in the evaluation tests, will be sanctioned in accordance with those established in the Evaluation Regulations and the Coexistence Regulations of the University.

7. COVID alternative evaluation system: it will be carried out in the event that teaching has to be taught exclusively remotely for health security reasons.

The weighting of the items does not vary and maintains the previously indicated evaluation system.

8. Alternative assessment system for students who enroll for the second or more times in the subject:

To accept this system, students must first contact the teacher. Final exam at the end the subject that will be 55% of the final grade. It will be valued if the student has acquired knowledge complete and sufficient to have a global vision of Nutrition and Dietetics, as well as its ability to communicate the knowledge acquired.

The exams will be face-to-face as long as the health situation allows it. Works individual / group. They imply a knowledge of the theoretical contents developed in the subject, the Evaluation percentage of the final grade will be 20%. The ability to work in a team will be valued, exhibition capacity, observation and monitoring capacity before a work plan. Observation technique (attendance at compulsory tutorials) 10%. Laboratory practices and individual analysis of the diet, the percentage of evaluation of the final grade will be 15%.

BIBLIOGRAPHY AND OTHER RESOURCES

Basic

1. Gil, Á. Nutrition Treaty. Edited by Grupo Acción Médica. 2016. Work of five volumes.

You can consult the different bibliographic resources for consultation in the UFV library

2. Mataix Verdú, J. Nutrition and Human Nutrition. 2nd edition. (2 volumes). Ed. Ergón 2009
3. Krause Diet Therapy Elsevier 2009
4. Requejo AM and Ortega RM. 2009. Nutriguía. Manual of Clinical Nutrition in Primary Care. Ed. Complutense
6. Ruiz de las Heras A and Martínez JA. 2010. Elements of Diet Therapy Ed. Eunsa

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Complementary

Russolillo G. and Marques, I. Exchange System for preparing diets and planning menus.
www.intercambiodealimentos.com (contains photographic album of food portions and plates of portions life-size food)

