

SUBJECT GUIDE

NUTRITION II

Academic Year 2020-2021

MÓDULE	CONTENT	YEAR	TERM	CRÉDITS	TIPE
Sciences of Nutrition, Dietetics and Health	Nutrition	2nd	2st	6.0	Core subject
LECTURER(S)		Postal address, telephone nº, e-mail address			
<ul style="list-style-type: none"> REYES ARTACHO MARTIN LAGOS MARINA VILLALON MIR 		Department of Nutrition and Food Science. Faculty of Pharmacy. Marina Villalon Mir958 242841, marinavi@ugr.es Reyes Artacho Martín-Lagos: 958 243865. artacho@ugr.es http://www.ugr.es/~nutricion/pdf/tutorias1718.pdf			
DEGREE WITHIN WHICH THE SUBJECT IS TAUGHT					
Human Nutrition and Dietetics					
PREREQUISITES and/or RECOMMENDATIONS (if necessary)					
<ul style="list-style-type: none"> Having studied the subjects of Physiology, Biochemistry, Food Science and Nutrition I 					
BRIEF ACCOUNT OF THE SUBJECT PROGRAMME (ACCORDING TO THE DEGREE)					
This subject includes the study and interpretation of the different tools used in the assessment of nutritional status. Also discusses the nutritional needs at different stages of the life cycle and the relationship between nutritional status and health.					
GENERAL AND PARTICULAR ABILITIES					
<ul style="list-style-type: none"> That students can apply their knowledge to their work or vocation professionally. Ability to gather and interpret relevant data to make judgments. 					



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INFORMACIÓN SOBRE TITULACIONES DE LA UGR
grados.ugr.es



- Potential to communicate information, ideas, problems and solutions to a specialized and unskilled audience.
- Ability to express oneself correctly in Spanish
- Troubleshooting.
- Teamwork
- Ability to apply theoretical knowledge to practice.
- Capacity for analysis and synthesis
- Critical thinking.
- Develop skills of research initiation.
- Motivation for quality.
- Ability to organize and plan.
- Ability to manage information.

OBJECTIVES (EXPRESSED IN TERMS OF EXPECTED RESULTS OF THE TEACHING PROGRAMME)

- Properly handling of the tools needed to make an assessment of the nutritional status.
- Understanding the relationship between nutritional status and health.
- Know how to establish nutritional needs in health situation at any stage of the life cycle.

DETAILED SUBJECT SYLLABUS

THEORETICAL PROGRAM

1. Introduction to human nutrition. Relationship between nutrition and health.
2. Nutritional status assessment. Body composition.
3. Anthropometric methods.
4. Measuring food intake. Indirect measurements of food intake. Food balance sheets. Household food surveys.
5. Direct measures of food intake. Retrospective methods.
6. Direct measures of food intake. Prospective methods. Reproducibility and validity of food surveys.
7. Biochemical methods.
8. Nutrition during pregnancy and lactation.
9. Nutrition during infancy.
10. Nutrition in childhood.
11. Nutrition in adolescence.
12. Nutrition in the adult years.
13. Nutrition in aging.
14. Nutrition for exercise and sport performance.
15. Malnutrition: concept and types. Deficit or excess of nutrients.
16. Nutrition for weight management.
17. Alternative sources of nutritional information.
18. Implications of the total energy intake in epidemiological studies.
19. Nutrition: perspectives on the future.

PRACTICAL PROGRAM:



1. Nutritional status assessment: Anthropometric measurements and body composition techniques.
2. Nutritional status assessment: Practical aspects of dietary surveys.
3. Evaluation of nutritional reports from international agencies.
4. Miracle diets: Influence on the nutritional status.
5. Evaluation of scientific papers.

READING

KEY LITERATURE

- Cameron ME, Van Staveren WA (1988). Manual on methodology for food consumption studies, Oxford Medical Publications.
- Frayn KN (1998). Regulación del metabolismo, una perspectiva humana. Ed. Omega
- Gibney MJ, Kok Frans J, Voster Hester H (2005). Introducción a la nutrición humana. Ed. Acirbia, Madrid.
- Gil A. (2010). Tratado de nutrición clínica (4 tomos). Ed. Panamericana, Madrid.
- Mahan LK, Escott-Stump S (2009). Nutrición y dietoterapia de Krauser, 12ª ed. Ed. Interamericana McGraw-Hill, Madrid.
- Groff JL, Gropper SS, Hunt SM (1995) Advanced nutrition and human metabolism.
- Linder MC (1992). Nutrición. Aspectos bioquímicos, metabólicos y clínicos. Ediciones Universidad de Navarra (Eunsa), Pamplona.
- Martínez JA (2004). Fundamentos teórico-prácticos de nutrición y dietética. Ed. Interamericana McGraw-Hill, Madrid.
- Mataix J. (2009). Nutrición y alimentación humana. Ed. Ergon, Madrid.
- Serra Majem LI, Aranceta Bartrina J, Mataix Verdu J. (2006) Nutrición y salud pública. Métodos, bases científicas y aplicaciones. Ed. Masson, Barcelona
- Wardlaw GM. (2008). Perspectivas sobre nutrición. Ed Paidotribo, Badalona
- Willet W. Nutritional epidemiology (1993) Oxford University Press

ADDITIONAL LITERATURE

- WHO reports
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RECOMMENDED INTERNET LINKS

www.efsa.europa.eu/
www.aesan.msc.es/
www.fao.org/
www.nlm.nih.gov/

EVALUATION (EVALUATION INSTRUMENTS, EVALUATION CRITERIA AND PERCENTAGE ON THE FINAL QUALIFICATION, ETC.)



CONTINUOUS ASSESSMENT:

Evaluation of theoretical knowledge:

There will be a partial exam and an end that will count with 70% in the final grade, and that will include a type part test and another with questions of development of the theoretical knowledge of the subject. The partial exam will be eliminated with a 7, and to be able to do it it is necessary an assistance of 70%.

Appraisal of practical knowledge:

It is mandatory to complete the internship to pass the course, being essential to attend them and to take a test that validates their knowledge. Likewise, the preparation and delivery of the practice script with the results obtained is mandatory for its correction and consideration. The practices represent 20% of the final grade obtained.

Bibliographic review work: It will cover topics included in the program developed as seminars. The evaluation of this work represents 10% of the final grade and contemplates its individual and / or group preparation, its presentation and its exhibition and defense in class.

In order to apply this evaluation system it is necessary that the theoretical exam grade is at least 4.5 out of 10.

FINAL SINGLE EVALUATION:

It will be held in a single academic act consisting of a theoretical-practical exam. The theoretical part will represent 70% of the final grade and the practical part 30%.

Students who wish to take advantage of this evaluation modality will have to request it from the Director of the

Department in the first two weeks from the date of enrollment of the student, alleging and accrediting his reasons for not being able to follow the continuous evaluation system.

