

SYLLABUS

1. COURSE DESCRIPTION

Degree:	Nutrition and Dietetics
Course:	Diet Therapy
Module:	Nutrition and Health Sciences
Department:	Molecular Biology and Biochemical Engineering
Academic Year:	2017-18
Term:	First
ECTS credits:	6
Year:	3rd year
Type:	Compulsory
Language:	Spanish

Course Model:	C1	
a. Basic learning (EB):		50 %
b. Practical learning (EPD):		50 %

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2. LECTURERS

2.1. Coordinator: M^a Soledad Fernández Pachón

2.2. Lecturers

Name:	M^a Soledad Fernández Pachón
School:	School of Experimental Sciences
Department:	Molecular Biology and Biochemical Engineering
Area:	Nutrition and Bromatology
Office Hours:	Tuesdays and Thursdays: 10.00-12.00
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Name:	Griselda Herrero Martín
School:	School of Experimental Sciences
Department:	Molecular Biology and Biochemical Engineering
Area:	Nutrition and Bromatology
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3. TOPICS

BASIC LEARNING (EB):

1. DIET THERAPY BASICS

UNIT 1. Introduction. Link between diet and health. Diet therapy: concept and purpose.

UNIT 2. Patterns in the preparation, elaboration and following of a diet prescription.

2. THERAPEUTIC DIETS

UNIT 3. Nutritional strategy for obesity.

UNIT 4. Nutritional strategy for diabetes.

UNIT 5. Nutritional support for other types of metabolic disorders.

UNIT 6. Nutritional strategy for dyslipidaemias.

UNIT 7. Nutritional support for high blood pressure (hypertension).

UNIT 8. Nutritional strategy for renal pathologies.

UNIT 9. Nutritional strategy for food allergies.

UNIT 10. Nutritional strategy for respiratory diseases.

UNIT 11. Nutritional support for metabolic stress disorders.

3. DIETS AT HOSPITAL

UNIT 12. Artificial nutritional support.

UNIT 13. Hospital unit of nutritional support.

UNIT 14. Progressive nutrition plan.

PRACTICAL LEARNING (EPD):

Practice 1: Designing hypocaloric diets.

Practice 2: Seminars.

Practice 3: Designing diets for diabetes type I and type II.

Practice 4: Designing diets for renal pathologies.



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Practice 5: Designing diets for food allergies.

Practice 6: Documents for the Nutrition and Dietetics consultation.

Practice 7: Clinical case simulations.

Practice 8: Solving practical cases. Practical exam.