

SYLLABUS

1. COURSE DESCRIPTION

Degree:	Nutrition and Dietetics
Course:	Female Physiology and Nutrition
Department:	Physiology, Anatomy and Cell Biology
Academic Year:	2017-18
Term:	First
ECTS credits:	4.5
Year:	3rd year
Type:	Optional
Language:	Spanish

Course Model:	A2	
a. Basic learning (EB):		70 %
b. Practical learning (EPD):		15 %
c. Guided Academic Activities (AD):		15 %



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2. LECTURERS

Coordinator	
Name:	Agnès Gruart i Massó
School:	School of Experimental Sciences
Department:	Physiology, Anatomy and Cell Biology
Area:	Physiology
Office Hours:	Mondays: 16.00-18.00 and Tuesdays: 09.00-11.00 (please, make a previous appointment through e-mail)
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3. TOPICS

BASIC LEARNING (EB):

Unit 1. Female physiology: basic aspects.

Unit 2. Nutrition during puberty: differences in female development, physiological changes during puberty. Nutrition during this stage.

Unit 3. Nutrition during the different stages of the female reproductive system: nutrition during menstruation, ovulation, pre-menstrual stage and proliferative and secretory stages. Nutrition to prevent PMS.

Unit 4. Nutrition during pregnancy: Preconception nutrition and its relation with fertility. Nutritional needs in the different stages of pregnancy.

Unit 5. Nutrition during breastfeeding: Nutritional needs in breastfeeding women. How the mother's nutrition has an effect on the baby's development and post-delivery recovery.

Unit 6. Nutrition during menopause: Nutritional needs and physiological changes during perimenopause. Preventive measures for alterations during this stage.

Unit 7. Current aspects of nutrition in relation to female physiology.

PRACTICAL LEARNING (EPD):

Practice 1. Development of dietary guidelines for women with PMS (I).

Practice 2. Saliva crystallization according to the female cycle period.

Practice 3. Sense of smell in women.

Practice 4. Development of dietary guidelines for women with PMS (II).

GUIDED ACADEMIC ACTIVITIES (AD):

Activity 1. Each student will present a recent and original scientific article related to some aspect of the basic learning.

Activity 2. Practical work will be related to the problems (obesity, moral damage, health damage, etc.). The student must write a reasoned report from his point of view on nutrition and dietetics.