



## SYLLABUS

### 1. COURSE DESCRIPTION

<b>Degree:</b>	<b>Nutrition and Dietetics</b>
<b>Course:</b>	<b>Nutrition for Special Situations</b>
<b>Module:</b>	<b>Nutrition and Health Science</b>
<b>Department:</b>	<b>Physiology, Anatomy and Cell Biology</b>
<b>Academic Year:</b>	<b>2017-18</b>
<b>Term:</b>	<b>Second</b>
<b>ECTS credits:</b>	<b>4.5</b>
<b>Year:</b>	<b>3<sup>rd</sup> year</b>
<b>Type:</b>	<b>Optional</b>
<b>Language:</b>	<b>Spanish</b>

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

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### 2. LECTURERS

<b>Coordinator</b>	
<b>Name:</b>	<b>Mercedes Atienza Ruiz</b>
<b>School:</b>	<b>School of Experimental Sciences</b>
<b>Department:</b>	<b>Physiology, Anatomy and Cell Biology</b>
<b>Area:</b>	<b>Physiology</b>
<b>Office Hours:</b>	<b>-Virtual tutoring through e-mail and webct -In-person tutoring by previous appointment through e-mail</b>
<b>Office:</b>	<b>21.1.04</b>
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### 3. TOPICS

#### BASIC TRAINING (EB):

1. Errors and myths in the diet that can be exacerbated in special situations.
2. Physiology and nutritional requirements in extreme conditions of environmental temperature.
3. Physiology and nutritional requirements in extreme conditions of atmospheric pressure.
4. Physiology and nutritional requirements in special situations of stress, effort and extreme wear.
5. Nutritional assessment and nutritional requirements in situations of emergency.
6. Influence of socio-cultural factors in food.

#### PRACTICAL LEARNING (EPD):

Practice 1. Questionnaire to assess the influence of lifestyle in the nutrition of university students.

Practice 2. Analysis and interpretation of the data derived from the questionnaire.

Practice 3. Evaluate a nutritional survey carried out in camps of refugees and develop an intervention plan in the wake of the results obtained.

#### GUIDED ACADEMIC ACTIVITIES (AD):

**AD1.** Recruitment of experimental sample and data collection from the experiment designed in EDP1.

**AD2.** Design, present and defend a diet applied to one of the special situations that will be treated during the course.