



1. General information

Course: NUTRITION AND DIETETICS

Type: BASIC

Degree: 387 - UNDERGRADUATE DEGREE PROGRAMME IN NURSING (TO)

Center: 109 - FACULTAD DE FISIOTERAPIA Y ENFERMERÍA

Year: 1

Main language: Spanish

Use of additional
languages:

Web site:

Code: 15308

ECTS credits: 6

Academic year: 2021-22

Group(s): 41

Duration: C2

Second language: English

English Friendly: Y

Bilingual: N

Lecturer: CARLOS ALBERTO CASTILLO SARMIENTO - Group(s): 41

Building/Office	Department	Phone number	Email	Office hours
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Lecturer: SILVIA ROJO VAZQUEZ - Group(s): 41

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2. Pre-Requisites

Not established

3. Justification in the curriculum, relation to other subjects and to the profession

Not established

4. Degree competences achieved in this course

Course competences

Code	Description
A05	To know and assess the nutritional needs of healthy people and people with health problems throughout the life cycle, promoting and reinforcing patterns of healthy eating behavior. To identify the nutrients and foods in which they are found. To identify the most prevalent nutritional problems and select the appropriate dietary recommendations.
B02	To master the Information and Communication Technologies (ICT).
C01	Learning to learn.
C04	To work autonomously with responsibility and initiative.

5. Objectives or Learning Outcomes

Course learning outcomes

Description

Understanding and application of the effects of nutritional intervention in the treatment and prevention of health problems.

Characterization of the main food groups in the diet of the Spanish population.

Knowledge and assessment of the nutritional requirements of the human being in the different stages of the life cycle.

Identification of the main nutritional and non-nutritive components of food and their influence in different health and disease situations.

6. Units / Contents

Unit 1:

Unit 2:

Unit 3:

Unit 4:

Unit 5:

7. Activities, Units/Modules and Methodology

Training Activity	Methodology	Related Competences (only degrees before RD 822/2021)	ECTS	Hours	As	Com	Description
Class Attendance (theory) [ON-SITE]	Lectures	A05 B02 C01 C04	1.36	34	N	-	
Workshops or seminars [ON-SITE]	Combination of methods	A05 B02 C01 C04	0.48	12	Y	N	
Project or Topic Presentations [ON-SITE]	Combination of methods	A05 B02 C01 C04	0.16	4	Y	N	
Group tutoring sessions [ON-SITE]	Guided or supervised work		0.24	6	N	-	

Progress test [ON-SITE]	Assessment tests	A05 B02 C01 C04	0.16	4	Y	Y
Writing of reports or projects [OFF-SITE]	Cooperative / Collaborative Learning	A05 B02 C01 C04	0.8	20	Y	N
On-line debates and forums [OFF-SITE]	Self-study	A05 B02 C01 C04	0.4	10	N	-
Study and Exam Preparation [OFF-SITE]	Self-study	A05 B02 C01 C04	2.4	60	N	-
Total:			6	150		
Total credits of in-class work: 2.4			Total class time hours: 60			
Total credits of out of class work: 3.6			Total hours of out of class work: 90			

As: Assessable training activity

Com: Training activity of compulsory overcoming (It will be essential to overcome both continuous and non-continuous assessment).

8. Evaluation criteria and Grading System

Evaluation System	Continuous assessment	Non-continuous evaluation*	Description
Final test	70.00%	0.00%	
Other methods of assessment	30.00%	0.00%	
Total:	100.00%	0.00%	

According to art. 4 of the UCLM Student Evaluation Regulations, it must be provided to students who cannot regularly attend face-to-face training activities the passing of the subject, having the right (art. 12.2) to be globally graded, in 2 annual calls per subject, an ordinary and an extraordinary one (evaluating 100% of the competences).

9. Assignments, course calendar and important dates

Not related to the syllabus/contents	
Hours	hours
Class Attendance (theory) [PRESENCIAL][Lectures]	4
Project or Topic Presentations [PRESENCIAL][Combination of methods]	4
Group tutoring sessions [PRESENCIAL][Guided or supervised work]	6
Progress test [PRESENCIAL][Assessment tests]	4
Study and Exam Preparation [AUTÓNOMA][Self-study]	60
Unit 1 (de 5):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	6
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	4
On-line debates and forums [AUTÓNOMA][Self-study]	2
Unit 2 (de 5):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	6
Workshops or seminars [PRESENCIAL][Combination of methods]	3
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	4
On-line debates and forums [AUTÓNOMA][Self-study]	2
Unit 3 (de 5):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	6
Workshops or seminars [PRESENCIAL][Combination of methods]	3
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	4
On-line debates and forums [AUTÓNOMA][Self-study]	2
Unit 4 (de 5):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	6
Workshops or seminars [PRESENCIAL][Combination of methods]	3
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	4
On-line debates and forums [AUTÓNOMA][Self-study]	2
Unit 5 (de 5):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	6
Workshops or seminars [PRESENCIAL][Combination of methods]	3
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	4
On-line debates and forums [AUTÓNOMA][Self-study]	2
Global activity	
Activities	hours
Class Attendance (theory) [PRESENCIAL][Lectures]	34
Workshops or seminars [PRESENCIAL][Combination of methods]	12
Project or Topic Presentations [PRESENCIAL][Combination of methods]	4
Group tutoring sessions [PRESENCIAL][Guided or supervised work]	6
Progress test [PRESENCIAL][Assessment tests]	4
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	20
On-line debates and forums [AUTÓNOMA][Self-study]	10

10. Bibliography and Sources

Author(s)	Title/Link	Publishing house	Citv	ISBN	Year	Description
Moreiras O. et al.	Tablas de composición de alimentos : guía de prácticas /	Pirámide,		978-84-368-3623-3	2016	
Mataix Verdú, J.	Nutrición y Dietética Humana, 2ª Ed. revisada	Ergón			2015	
Mahan K, Escott-Stump S	Nutrición y dietoterapia de, Krause. Elsevier			970-10-3204-7	2017	