

UNIVERSIDAD DE CASTILLA - LA MANCHA GUÍA DOCENTE

Code: 15308

Group(s): 41

1. General information

languages:

Course: NUTRITION AND DIETETICS

Type: BASIC ECTS credits: 6 Academic year: 2022-23

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

Center: 109 - FACULTAD DE FISIOTERAPIA Y ENFERMERÍA

Year: 1 Duration: C2 Main language: Spanish Second language: English

Use of additional English Friendly: Y

Bilingual: N Web site:

| | | = : | | | | | | | |
|--|---|-----------------|------|--------------------------|--------------|--|--|--|--|
| Lecturer: CARLOS ALBERTO CASTILLO SARMIENTO - Group(s): 41 | | | | | | | | | |
| Building/Office | Department | Phone number | | Email | Office hours | | | | |
| SABATINI: 1.11 | ENFERMERÍA, FISIOTERAPIA Y TERAPIA OCUP. | 5670 | | carlosa.castillo@uclm.es | | | | | |
| Lecturer: SILVIA ROJO VAZQUEZ - Group(s): 41 | | | | | | | | | |
| Building/Office | Department | Phone number | Ema | ail | Office hours | | | | |
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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

To know and assess the nutritional needs of healthy people and people with health problems throughout the life cycle, promoting and A05 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

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.

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.

6. Units / Contents

Unit 1:

| 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 | - | | |
| | Combination of methods | A05 B02 C01 C04 | 0.48 | 12 | Υ | N | | |
| Project or Topic Presentations [ON-SITE] | Combination of methods | A05 B02 C01 C04 | 0.16 | 4 | Υ | N | | |
| Group tutoring sessions [ON-SITE] | Guided or supervised work | | 0.16 | 4 | N | - | | |
| Formative Assessment [ON-SITE] | Assessment tests | A05 B02 C01 C04 | 0.04 | 1 | Υ | N | | |
| ' ' ' ' | Cooperative / Collaborative Learning | A05 B02 C01 C04 | 0.8 | 20 | Υ | N | | |
| On-line debates and forums [OFF- | Self-study | A05 B02 C01 C04 | 0.4 | 10 | N | - | | |

| Total credits of out of class work: 3.6 | | | | Total hours of out of class work: 90 | | | | | |
|---|------------|-----------------|------|--------------------------------------|----------------------------|---|--|--|--|
| Total credits of in-class work: 2.4 | | | | | Total class time hours: 60 | | | | |
| | | Total: | 6 | 150 | | | | | |
| Final test [ON-SITE] | | A05 B02 C01 C04 | 0.04 | 1 | Υ | Υ | | | |
| Individual tutoring sessions [ON-SITE] | | | 0.16 | 4 | N | - | | | |
| SITE] Study and Exam Preparation [OFF-SITE] | Self-study | A05 B02 C01 C04 | 2.4 | 60 | N | - | | | |
| CITEI | | | | | | | | | |

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 | | | | |
| Test | 70.00% | 100.00% | | | | | |
| Assessment of active participation | 30.00% | 0.00% | | | | | |
| Total: | 100.00% | 100.00% | | | | | |

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 |
| Unit 1 (de 1): | |
| 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] | 4 |
| Formative Assessment [PRESENCIAL][Assessment tests] | 1 |
| Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning |] 20 |
| On-line debates and forums [AUTÓNOMA][Self-study] | 10 |
| Study and Exam Preparation [AUTÓNOMA][Self-study] | 60 |
| Individual tutoring sessions [PRESENCIAL][] | 4 |
| Final test [PRESENCIAL][] | 1 |
| Group 41: | |
| Initial date: 30-01-2023 | End date: 19-05-2023 |
| 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] | 4 |
| Formative Assessment [PRESENCIAL][Assessment tests] | 1 |
| Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning |] 20 |
| On-line debates and forums [AUTÓNOMA][Self-study] | 10 |
| Study and Exam Preparation [AUTÓNOMA][Self-study] | 60 |
| Individual tutoring sessions [PRESENCIAL][] | 4 |
| Final test [PRESENCIAL][] | 1 |
| | Total horas: 150 |

| 10. Bibliography and Sources | | | | | | | | | | |
|---|--|-----------------------------------|--------|-------------------|------|-------------|--|--|--|--|
| Author(s) | Title/Link | Publishing house | Citv | ISBN | Year | Description | | | | |
| Jordi Salas-Salvadó | Nutrición y dietética clínica | Elsevier | | 978-84-9113-303-2 | 2019 | | | | | |
| Moreiras O. et al. | Tablas de composición de alimentos : guía de prácticas / | Pirámide | | 978-84-368-3623-3 | 2016 | | | | | |
| Janice L Raymond & Kelly Morrow | Krause. Mahan. Dietoterapia. | Elsevier | | 9788480869638 | 2021 | | | | | |
| Miguel Ángel Royo Bordonada (Coord) | Nutrición en Salud Pública | Escuela Nacional de Sanidad | Madrid | | 2017 | | | | | |
| http://gesdoc.isciii.es/gesdoccontroller?action=download&id=11/01/2018-5fc6605fd4 | | | | | | | | | | |