



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: 2022-23

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

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	-	
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		0.16	4	N	-	
Formative Assessment [ON-SITE]	Assessment tests	A05 B02 C01 C04	0.04	1	Y	N	
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	-	

