



## 1. General information

Course: NUTRITION AND DIETETICS

Type: BASIC

Degree: 388 - UNDERGRADUATE DEGREE PROGRAMME IN NURSING (AB)

Center: 301 - FACULTY OF NURSING OF ALBACETE

Year: 1

Main language: Spanish

Use of additional  
languages:

Web site:

Code: 15308

ECTS credits: 6

Academic year: 2022-23

Group(s): 10

Duration: C2

Second language: English

English Friendly: Y

Bilingual: N

Lecturer: MARIA JOSEFA GARCIA MESEGUER - Group(s): 10

Building/Office	Department	Phone number	Email	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
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

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.

Understanding of the central concepts that perform the nursing discipline from an ontological and epistemological perspective.

## 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]			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]		A05 B02 C01 C04	0.8	20	Y	N	
On-line debates and forums [OFF-SITE]		A05 B02 C01 C04	0.4	10	N	-	
Study and Exam Preparation [OFF-SITE]	Self-study	A05 B02 C01 C04	2.4	60	N	-	
Individual tutoring sessions [ON-SITE]			0.16	4	N	-	
Final test [ON-SITE]		A05 B02 C01 C04	0.04	1	Y	Y	

<b>Total:</b>		<b>6</b>	<b>150</b>
<b>Total credits of in-class work: 2.4</b>		<b>Total class time hours: 60</b>	
<b>Total credits of out of class work: 3.6</b>		<b>Total hours of out of class work: 90</b>	

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%	
<b>Total:</b>	<b>100.00%</b>	<b>100.00%</b>	

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
<b>Unit 1 (de 1):</b>	
<b>Activities</b>	<b>Hours</b>
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][ ]	4
Formative Assessment [PRESENCIAL][Assessment tests]	1
Writing of reports or projects [AUTÓNOMA][ ]	20
On-line debates and forums [AUTÓNOMA][ ]	10
Study and Exam Preparation [AUTÓNOMA][Self-study]	60
Individual tutoring sessions [PRESENCIAL][ ]	4
Final test [PRESENCIAL][ ]	1
Group 10:	
<b>Initial date:</b> 30-01-2023	<b>End date:</b> 17-05-2023
<b>Global activity</b>	
<b>Activities</b>	<b>hours</b>
Study and Exam Preparation [AUTÓNOMA][Self-study]	60
Group tutoring sessions [PRESENCIAL][ ]	4
On-line debates and forums [AUTÓNOMA][ ]	10
Formative Assessment [PRESENCIAL][Assessment tests]	1
Final test [PRESENCIAL][ ]	1
Class Attendance (theory) [PRESENCIAL][Lectures]	34
Workshops or seminars [PRESENCIAL][Combination of methods]	12
Individual tutoring sessions [PRESENCIAL][ ]	4
Project or Topic Presentations [PRESENCIAL][Combination of methods]	4
Writing of reports or projects [AUTÓNOMA][ ]	20
<b>Total horas: 150</b>	

10. Bibliography and Sources						
Author(s)	Title/Link	Publishing house	Citv	ISBN	Year	Description
Jordi Salas-Salvado	Nutrición y dietética clínica	Elsevier		978-84-9113-303-2	2019	
Miguel Angel Royo Boronada (Coord)	Nutrición en Salud Pública		Madrid	Escuela N de Sanidad	2017	
Janice L. Raymond & Kelly Morrow	Nutrición y Dietoterapia, MAHAN; Krause 15 ed	Elsevier		970-10-3204-7	2021	
Moreiras O, Carbajal A, Cabrera L.: Guía de prácticas	Tablas de composición de alimentos	Pirámide		978-84-368-3623-2	2019	