

UNIVERSIDAD DE CASTILLA - LA MANCHA GUÍA DOCENTE

1. General information

Course: NUTRITION AND DIETETICS

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

Center: 109 - FACULTAD DE FISIOTERAPIA Y ENFERMERÍA

Duration: C2 Main language: Spanish Second language: English

Use of additional

Year: 1

English Friendly: Y

ECTS credits: 6

Academic year: 2023-24

Group(s): 41

Bilingual: N

Code: 15308

languages: Web site:

Lecturer: CARLOS ALBERTO CASTILLO SARMIENTO - Group(s): 41									
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Lecturer: ANDREA I	Lecturer: ANDREA DEL SAZ LARA - Group(s): 41								
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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

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

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:

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]		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] Formative Assessment [ON-SITE]	Guided or supervised work Assessment tests	A05 B02 C01 C04	8:04	1	Ą	Ñ		
Writing of reports or projects [OFF-SITE]	Cooperative / Collaborative Learning	A05 B02 C01 C04	0.8	20	Υ	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	-		
Individual tutoring sessions [ON-SITE]			0.16	4	N	-		
Final test [ON-SITE]		A05 B02 C01 C04	0.04	1	Υ	Υ		
Total:								
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					
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).

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: 30-01-2024	End date: 10-05-2024
Global activity	
Activities	hours
Class Attendance (theory) [PRESENCIAL][Lectures]	34
Group tutoring sessions [PRESENCIAL][Guided or supervised work]	4
Formative Assessment [PRESENCIAL][Assessment tests]	1
Individual tutoring sessions [PRESENCIAL][]	4
Workshops or seminars [PRESENCIAL][Combination of methods]	12
Project or Topic Presentations [PRESENCIAL][Combination of methods]	4
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
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							