



Universitat de Lleida

DEGREE CURRICULUM
**NUTRITIONAL STATUS
ASSESSMENT**

Coordination: OMS OLIU, GEMMA

Academic year 2022-23

Subject's general information

Subject name	NUTRITIONAL STATUS ASSESSMENT			
Code	100640			
Semester	1st Q(SEMESTER) CONTINUED EVALUATION / 2nd Q(SEMESTER) CONTINUED EVALUATION			
Typology	Degree	Course	Character	Modality
	Bachelor's Degree in Human Nutrition and Dietetics	2	COMPULSORY	Attendance-based
Course number of credits (ECTS)	3			
Type of activity, credits, and groups	Activity type	PRALAB	PRAULA	TEORIA
	Number of credits	1	0.8	1.2
	Number of groups	4	3	2
Coordination	OMS OLIU, GEMMA			
Department	FOOD TECHNOLOGY, ENGINEERING AND SCIENCE			
Important information on data processing	Consult this link for more information.			

Teaching staff	E-mail addresses	Credits taught by teacher	Office and hour of attention
OMS OLIU, GEMMA	gemma.oms@udl.cat	2,1	
RUBIO PIQUE, LAURA	laura.rubio@udl.cat	6,7	

Learning objectives

1. To know how to do and interpret the nutritional assessment of an individual at different physiological stages.
2. To know the methods of evaluation of the food intake.
3. To know the anthropometric and biochemical parameters to assess the nutritional status.
4. Acquire practical skills in the methods available to carry out the evaluation of the nutritional status and know how to interpret the results.

Competences

Specific Competences

CE33 Plan, carry out and interpret the evaluation of the nutritional status of subjects and / or groups, both healthy (in all physiological situations) as sick

CE35 Identify the dietary-nutritional problems of the patient, as well as the risk factors

CE36 Prepare and interpret a dietary history in healthy and sick subjects.

CE39 Interpret and integrate clinical, biochemical and pharmacological data in nutritional assessment of the patient and in their dietetic-nutritional treatment

General Competences

CG1 Recognize the essential elements of the profession of the dietician-nutritionist, including the ethical principles, legal responsibility and the exercise of the profession applying the principle of justice social to professional practice and developing it with respect to people, their habits, beliefs and cultures

CG3. Recognize one's own limitations and the need to maintain and update competence professional, giving special importance to learning, autonomously and continuously, of new knowledge, products and techniques in nutrition and food, as well as motivation for quality.

CG4. Communicate effectively, both orally and in writing, with people, health professionals or industry and the media, knowing how to use the information and communication technologies, especially those related to nutrition and life habits.

CG5. Know, critically assess and know how to use and apply related information sources with nutrition, food, lifestyles and health aspects.

Basic skills

CB2 That the students know how to apply their knowledge to their work or vocation in a professional way and possess the competences that are usually demonstrated through the elaboration and defense of arguments and the resolution of problems within their area of study.

CB3 That students have the ability to gather and interpret relevant data (usually within their study area) to make judgments that include reflection on relevant social, scientific or ethical issues.

CB4 That students can transmit information, ideas, problems and solutions to both specialized and non-specialized audiences.

CB5 That students have developed those learning skills necessary to undertake further studies with a high degree of autonomy.

Transversal Competences of the UdL

CT1 Have a correct oral and written expression
 CT3 Mastering TIC
 CT5. Apply the gender perspective to the functions of the professional field

Subject contents

Theoretical content

1. Components of the nutrition assessment. Medical history and physical examination
2. Evaluation of food intake in clinical practice
3. Anthropometric evaluation and body composition of the adult
4. Biochemical markers of the nutritional status
5. Evaluation of energy expenditure and physical activity

Practical activities

1. Evaluation of the intake using different food surveys
2. Evaluation of the nutritional status in pediatric age group
3. Evaluation of the nutritional state in the elderly
4. Evaluation of the nutritional status of athletes

Methodology

Master classes

These will be done with all the students. They have the purpose of giving an overview of the educational contents related to the specific knowledge of the course, highlighting those aspects that are related to the acquisition of competences, referring to the evaluation of the nutritional status of the individual .

Seminars

The seminars will be held in the classroom and must be carried out in the group that corresponds to each student. They will consist of solving cases of practical cases, searching for information, analysis and discussion, complementing the contents developed in the master classes. The participation and discussion of the students will be stimulated.

Practices

The practices in the laboratory are compulsory and will be done in groups of 2 to 4 students. An individual practice report must be submitted at the scheduled date.

Activities related to the evaluation of the nutritional status of an individual will be carried out:

- Physical, anthropometric and body composition evaluation
- Calculation of dietary intake and energy needs

Development plan

Activity	Objective	Description
Master classes	1-4	Acquisition of knowledge about the different components of the nutritional assessment: physics, dietetics, anthropometrics and biochemistry.
Seminars	1-4	Exhibition, treatment and discussion about the assessment of nutritional status at different physiological situations
Practices	4	Physical, anthropometric and body composition assessment

Evaluation

The assessment will consist of the weighted average of 3 grades, obtained from the following elements:

1. Lectures (40%)

There will be 2 exams of the theoretical part, with questions of type and short answer.

The average of the qualifications of the written tests I and II must be higher than 5 to do the average with the rest of qualifications. If the exams are not approved, the failed exam (<5) have to be recovered in a second call. On the other hand, the students that pass the exams can improve the results in the second call. This type of assessment will represent the 40% of the final mark will be the average of the activities, seminars and practices.

2. Seminars and activities (35%)

The mark will be calculated based on the arithmetic average obtained from the qualifications obtained by the student in the different activities proposed in the seminars.

In order to evaluate the seminars the following aspects will be considered:

Attendance	task submission	mark
Yes	Yes, before 19:00h the day after the seminar	100%
	Yes, presented between 19:00h the day after and 19:00h on the 7th day after the seminar	50%
	Not delivered or out of date	0%
No (with proof of absence)	Yes, before 19:00h the day after the seminar	100%
	Yes, presented between 19:00h the day after and 19:00h on the 7th day after the seminar	50%
	Not delivered or out of date	0%
No (without proof of absence)	Yes, before 19:00h the day after the seminar	50%
	Yes, presented between 19:00h the day after and 19:00h on the 7th day after the seminar	50%
	Not delivered or out of date	0%

3. Practices (25%)

Activities related to the nutritional assessment will be carried out based on anthropometric techniques. Both the formal aspects, content and especially the discussion of results will be assessed through an individual report. Moreover, the attitude of the student during the practices will be also assessed.

The student who wishes to do so will be entitled to the single assessment through an exam where the different face-to-face activities (theoretical classes and seminars) will be evaluated. However, it will be an indispensable requirement, the attendance to practices in the established dates.

Bibliography

Books:

- de Girolami DH., Fundamentos de valoración nutricional y composición corporal., Buenos Aires: El Ateneo; 2009.
- Bezares Sarmiento, Vidalma del Rosario. Evaluación del estado de nutrición en el ciclo vital humano (2a. ed.) McGraw Hill; 2014.
- Sirvent Belando, José Enrique; Garrido Chamorro, Raúl Pablo. Valoración Antropométrica De Composición Corporal: Cineantropometría. Editorial: UNIVERSIDAD DE ALICANTE; 2009