



Universitat de Lleida

DEGREE CURRICULUM **NUTRITION**

Coordination: OMS OLIU, GEMMA

Academic year 2020-21

Subject's general information

Subject name	NUTRITION			
Code	100642			
Semester	1st Q(SEMESTER) CONTINUED EVALUATION			
Typology	Degree	Course	Character	Modality
	Double bachelor's degree: Degree Physiotherapy and Degree in Human Nutrition and Dietetics	2	COMPULSORY	Attendance- based
	Bachelor's Degree in Human Nutrition and Dietetics	2	COMPULSORY	Attendance- based
Course number of credits (ECTS)	9			
Type of activity, credits, and groups	Activity type	PRALAB	PRAULA	TEORIA
	Number of credits	0.6	3.9	4.5
	Number of groups	3	3	2
Coordination	OMS OLIU, GEMMA			
Department	FOOD TECHNOLOGY			
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
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Learning objectives

1. Know at the metabolic level the use, modification and elimination of nutrients in the human organism
2. Know the factors that affect the ingestion and the nutritional requirements
3. Know the nutritional requirements of the human being at different stages of life and physiological situations
4. Know the basics of energy metabolism and what are the energy requirements of the human being at the different stages of life and physiological situations
5. Know the different situations of nutritional imbalance, both malnutrition and malnutrition. Know how to identify the etiology of possible nutritional deficits and determine the situations of risk to develop malnutrition
6. Know what are the nutritional requirements and the food recommendations in healthy people
7. Know which are the official organisms, databases and tools that allow obtaining information with a scientific basis in the field of nutrition

Competences

1. Know the nutrients, their functions and their metabolic use
2. Know the basics of energy and nutrition balance and its regulation
3. Evaluate and calculate the nutritional requirements in health and illness situation at any stage of the life cycle
4. Know, early detect and evaluate the quantitative and qualitative deviations of energy and nutrition balance
5. Express yourself orally and write correctly
6. Resolve problems in a reasoned, clear and critical manner
7. Show ability of analysis and synthesis

Subject contents

Module 1 - Bases of human nutrition

1. Fundamental concepts of nutrition
2. Reference dietary intakes, nutritional goals, food guides and studies of food consumption

3. Regulation and components of the energy balance. Methods to measure energy expenditure. Calculations to measure energy requirements

Module 2 - Macro and micronutrients: metabolism, functions and requirements

4. Physiological and biochemical bases of Nutrition. Regulation of intake and satiety
5. Glucids. Metabolism, functions and requirements. Deficiency and toxicity
6. Dietary fiber. Metabolism, functions and requirements. Deficiency and toxicity
7. Proteins. Metabolism, functions and requirements. Deficiency and toxicity
8. Lipids. Metabolism, functions and requirements. Deficiency and toxicity
9. Water and electrolytes. Functions and requirements. Deficiency and toxicity
10. Water-soluble vitamins. Metabolism, functions and requirements. Deficiency and toxicity
11. Liposoluble vitamins. Metabolism, functions and requirements. Deficiency and toxicity
12. Minerals. Metabolism, functions and requirements. Deficiency and toxicity

Module 3 - Applied Nutrition

13. Nutrition in special physiological situations: gestation, lactation and menopause
14. Nutrition in the various stages of life I: First childhood (0-3 years). Physiological development Nutritional needs. Maternal and artificial lactation. Beikost or complementary feeding
15. Nutrition in various stages of life II: School age and adolescence. Physiological development Nutritional needs
16. Nutrition in various stages of life II: aging. Physiological changes. Nutritional needs
17. Nutrition and physical activity. Nutritional needs in exercise

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 basic and applied nutrition

Seminars

The seminars 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.

Tutorials

These will be done in groups of 5-10 students and must be done in the assigned group. It will aim to guide learning avoiding dispersal, clarifying doubts and establishing a conceptual diagram of the course.

Activities in the computer room

There will be a computer session, in groups of 15-20 students, for the acquisition of knowledge about the use of nutrition databases that will facilitate the search of information.

Laboratory practices

Laboratory practices are mandatory, will be carried out in groups of 3-4 students.

It is MANDATORY that students bring to the practices:

- UdL labcoat

It can be purchased at the ÚDELS Store of the UdL

Centre de Cultures i Cooperació Transfronterera – Campus Cappeda

Carrer de Jaume II, 67 baixos

25001 Lleida

<http://www.publicacions.udl.cat/>

Directed works

A directed work will be carried out, in groups of 2-3 students. The work will be done on a topic that will previously be chosen from a list provided by the teacher. Each group will submit a written document and will make a brief oral presentation. The students have to attend the tutorials corresponding to the follow up.

Development plan

Activity	Objective	Description
Master class	1-7	Acquisition of the knowledge about human nutrition and applied nutrition in healthy individuals, nutritional value of foods
Seminars	3-4	Exhibition, treatment and discussion of problems related to nutrition
Tutorials	1-7	Guide the learning by clarifying doubts about the content of the course
Activities in the computer room	7	Use of databases
Laboratory practices	5	Absorption and nutrition metabolism
Directed works	3, 7	Search for information on a topic of interest in human nutrition.

Evaluation

The assessment will consist of the weighted average of 5 grades, obtained from the following elements:

Lectures (50%)

There will be 3 partial exams of the theoretical part, with multiple choice and short-answer questions.

- Exam I: 20%
- Exam II: 15%
- Exam III: 15%

The average of the qualifications of the exams I, II and III must be higher than 5 to do the average with the rest of qualifications. If the student doesn't pass the exams (<5), the person has to retake the failed exams in a second call. On the other hand, the student may raise the grade by retaking the exams in the second call. This type of assessment will represent 50% of the final mark and will have to be overcome to do the average with the rest of activities, seminars, practices and work.

Activities proposed and seminars (35%)

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

Directed works (10%)

A group work will be evaluated. The topic and the guidelines will be facilitated by the teacher. The mark of the work will correspond to the evaluation of the report presented by the group and the oral presentation of the work.

Practices (5%)

They will be carried out in groups of 3-4 students. The active participation in the sessions and the delivery of a small group report will be valued.

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 and the delivery of the work of the subject.

Bibliography

Books:

- Mataix, J. Nutrición y alimentación humana. I. Nutrientes y Alimentos. Ed. Ergon, Madrid, 2002
- Mataix, J. Nutrición y alimentación humana. II. Situaciones fisiológicas y patológicas. Ed. Ergon, Madrid. 2002.
- Gil, A. Tratado de nutrición. Tomo I. Bases Fisiológicas y Bioquímicas de la Nutrición. Ed. Medica Panamericana. 2ª Edición. 2010.
- Gil, A. Tratado de nutrición. Tomo III. Nutrición Humana en el Estado de Salud. Ed. Medica Panamericana. 2ª Edición. 2010.
- Gil Hernández, A.; Ruíz-López, M.D.; Martínez de Victoria Muñoz, E. Nutrición y Salud. Editorial Médica Panamericana, Madrid, 2018
- Moreiras O., Carbajal, A., Cabrera L., Cuadrado, C. Tablas de Composición de Alimentos. Guía de prácticas. Ediciones Pirámide. 16º Edición. 2013
- Brown, J.E. Nutrición en las diferentes etapas de la vida. Ed. McGraw-Hill, S.A.. 2006.
- Cervera, P., Clapés, J., Rigolfas, R. Alimentación y Dietoterapia (Nutrición Aplicada en la salud y la enfermedad). E. McGraw-Hill-Interamericana de España. 2004
- Hernández Rodríguez, M. i Sastre Gallego, A. Tratado de nutrición. Ed. Díaz de Santos, S.A., Madrid. 1999.
- Serra Majem, Ll.; Aranceta Bartrina, J. Nutrición y salud pública. Ed. Masson (Elsevier), Barcelona. 2006.
- Salas-Salvadó, J.; Bonada i Sanjaume, A.; Trallero Casañas, R.; Saló i Solà, M. E.; Burgos Peláez, R. Nutrició y Dietética Clínica. 4ta Edición. Elsevier, Madrid, 2019

Websites:

- <http://www.gencat.net/salut/acsa>
- <http://www.nutricion.org>
- <http://www.sennutricion.org>
- <http://www.nal.usda.gov/fnic>
- <http://www.seedo.es>
- <http://www.fesnad.org>
- <http://www.sennutricion.org>
- <http://www.aedn.es>
- <http://www.naos.aesan.mspsi.es/>
- <http://www.nutricioncomunitaria.org>