1. OVERVIEW

Subject Area	Basic Nutrition 2
Degree	Human Nutrition and Dietetics
School/Faculty	Biomedical and Health Sciences
Year	3º
ECTS	6 ECTS
Type	Compulsory
Language(s)	Spanish
Delivery Mode	On-campus/blended
Semester	Semester 5
Coordinating professor	Dr Elena Aguilar Aguilar

2. INTRODUCTION

Compulsory subject area in the third year, within the Module 'Nutrition, Dietetics and Health', worth 36 ECTS credits. This module combines the knowledge required in the field of basic nutrition and nutrition adapted to different situations of physiology and disease.

The main objective of this subject area is for students to address all aspects of assessing a patient's nutritional status of, and to learn how to interpret the assessment in order to pursue appropriate nutritional intervention for both healthy and unwell people. To this end, students will be equipped with different tools for assessing nutritional status and the most commonly used food intake assessment surveys. Students will also learn how to apply different recommendations and recommended intakes, as well as food composition tables.

3. SKILLS AND LEARNING OUTCOMES

Key Skills (CB, by the acronym in Spanish)

- CB2: Students can apply their knowledge to their work professionally and possess the necessary skills, usually demonstrated by forming and defending opinions, as well as resolving problems within their study area.

- CB3: Students have the ability to gather and interpret relevant data (usually within their study area) to form opinions which include reflecting on relevant social, scientific or ethical matters.
- CB4: Students can communicate information, ideas, problems and solutions to both specialist and non-specialist audiences.
- **CB5:** Students have developed the learning skills necessary to undertake further study in a much more independent manner.

General skills (CG, by the acronym in Spanish)

- CG14: Apply scientific knowledge of physiology, pathophysiology, nutrition and food to dietary planning and advice for individuals and groups of all ages, including both healthy and unwell people.
- CG15: Design and implement protocols for assessing nutritional status, identifying nutritional risk factors.
- CG16: Interpret a nutritional diagnosis, assess the nutritional aspects of a patient's medical record and implement a diet plan.

Cross-curricular skills (CT, by the acronym in Spanish)

- CT1: Communication: ability to engage in active listening, ask questions and respond in a clear and concise way, as well as to effectively express ideas and concepts. This includes concise and clear written communication.
- CT7: Decision making: ability to choose between different options or methods to effectively solve different problems or situations.
- CT9: Ability to put knowledge into practice, using the skills acquired in the classroom to mock situations based on real life experiences that occur in the relevant profession.

Specific skills (CE, by the acronym in Spanish)

- CE89: Know how the feelings of hunger and satiety are regulated. Regulation of Thirst.
- CE90: Know how to complete a nutritional status assessment in situations of health and illness. Objective and subjective Methods.
- CE91: Know how to use food composition tables and how food surveys are carried out.

Learning outcomes (RA, by the acronym in Spanish):

- RA1: Know the nutritional requirements of someone who is ill.
- RA2: Know how to perform a personal nutrition assessment and complete reports based on the assessment.

The following table shows how the skills developed in the subject area match up with the intended learning outcomes:

Skills	Learning outcomes
CE89, CE90 CT7, CT9 CG14, CG15 CB2, CB3, CB5	RA1: Know the nutritional requirements of someone who is ill.
CE90, CE91 CT1, CT7, CT9 CG14, CG15, CG16 CB2, CB3, CB4, CB5	RA2: Know how to perform a personal nutrition assessment and complete reports based on the assessment.

4. CONTENTS

Unit 1. Nutrition and Health. Regulation of Hunger and Satiety. Regulation of Thirst.

- **Topic 1.** Importance of nutrition in health.
- Topic 2. Regulation of hunger and thirst: biochemical and physiological basis

Unit 2. Nutritional Status Assessment in Situations of Health and Illness. Objective and subjective Methods.

- **Topic 3.** Nutritional status assessment: anthropometry and body composition
- **Tema4:** Nutritional status assessment: biochemical and immunological parameters

Unit 3. Nutritional Balance. Dietary Recommendations. Recommended Intake

- **Topic 5.** Recommended intake of energy and nutrients: concept and management. Tables on the Spanish population
- **Topic 6.** Dietary guidelines, nutritional recommendations and objectives.

Unit 4. Food Composition Tables. Use

- **Topic 7.** Food composition tables: understanding and use.
- **Topic 8.** Portions, frequency of consumption and processed foods.
- Topic 9. Impact of food processing and nutrient uptake

Unit 5. Food Surveys: Prospective and Retrospective Methods. Food groups

- **Topic 10.** Food surveys used to assess energy and nutrient intake (part 1)
- **Topic 11.** Food surveys: personal surveys (part 2)
- **Topic 12.** Food groups

Unit 6. Nutritional Intervention

- **Topic 13.** Prescribed diet and personal diet design
- **Topic 14.** Planning of a personal diet. Vegetarian diets

5. TEACHING/LEARNING METHODS

The types of teaching/learning methods are as follows:

- Lecture
- Learning based on workshops/labs
- Problem-based and project-based learning.
- Collaborative learning.
- Case studies

6. LEARNING ACTIVITIES

The types of learning activities, plus the amount of time spent on each activity, are as follows:

On campus:

Learning activity	Number of hours
Lecture	50
Independent working	25.5
Case studies	10.5
Group activities	10.5
Written reports and strategies	10.5
Workshops and/or lab work	18
Tutorials	18
Knowledge test	5
TOTAL	**150**

Blended learning

Learning activity	Number of hours
Reading of content	13h
Online seminars	13 h
Case studies	10.5 h
Workshops and/or lab work	19 h
Group activities	10 h
Online tutorials	19 h
Independent working	49 h
Written reports and strategies	10.5 h
Knowledge test	5h

TOTAL	150 h

7. ASSESSMENT

The assessment methods, together with their respective weighting towards the final grade for the subject, are as follows:

On campus:

Assessment method	Weighting
Activity 1: Submission of reports and essays	20
Activity 2: Laboratory work	20
Activity 3: Participation in debates	10
Activity 4: Performance observation	10
Activity 5: Knowledge test	40

Blended:

Assessment method	Weighting
Activity 1: Submission of reports and essays	20
Activity 2: Laboratory work	20
Activity 3: Participation in debates	10
Activity 4: Performance observation	10
Activity 5: Knowledge test	40

On the Virtual Campus, when you open the subject area, you can see all the details of your assessment activities, including the deadlines and assessment procedures for each activity.

8. BIBLIOGRAPHY

The reference work for following this subject area is: