1. OVERVIEW

Subject Area	Nutrition Throughout the Life Cycle
Degree	Bachelor's Degree in Human Nutrition and Dietetics
School/Faculty	School of Biomedical and Health Sciences
Year	3rd year
ECTS	3 ECTS
Type	Compulsory
Language(s)	Spanish
Delivery Mode	On-campus and blended
Semester	Semester 5
Coordinating professor	Dr Andrea Calderón García

2. INTRODUCTION

Compulsory subject area within Module 4 'Nutrition, Dietetics and Health Sciences', delivered over one semester in the second year. The subject area of Nutrition Through the Life Cycle is worth 3 ECTS credits. Students should know the specific nutritional requirements for each stage of life.

The overall objectives of the subject area are:

- Learn about the specific nutritional requirements at each stage of life: from birth to old age, including special physiological circumstances such as pregnancy and breastfeeding.
- Study dietary guidelines and nutritional planning adapted to each stage of life with the aim of improving people's health and nutritional status.
- Acquire the ability to provide appropriate, personal nutritional advice for all age groups in varying circumstances.

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: Decision making: ability to choose between different options or methods to effectively solve different problems or situations.
- CT2: 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):

- CE90: Know how to complete a nutritional status assessment in situations of health and illness. Objective and subjective methods.
- CE98: Be aware of nutritional requirements before and during pregnancy, during infancy, childhood, adolescence, adulthood and old age.

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

- RA1: Know about nutritional requirements for all age groups.
- 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
CB2, CB3, CB4, CB5, CG14, CG15, CG16, CE98, CE3	RA1: Know about nutritional requirements for all age groups.
CB3, CB4, CB5, CG15, CG16, CE90, CE98, CT1, CT2	RA2: Know how to perform a personal nutrition assessment and complete reports based on the assessment.

4. CONTENTS

UNIT 1: NUTRITION IN THE EARLY STAGES OF LIFE

- TOPIC 1. Nutrition before and during pregnancy.
- TOPIC 2: Nutrition during breastfeeding.
- TOPIC 3: Introduction to food.

UNIT 2: NUTRITION DURING DEVELOPMENT

- TOPIC 4: Nutrition for infants and children.
- TOPIC 5: Nutrition for teenagers.

UNIT 3: NUTRITION FOR ADULTS

- TOPIC 6: Nutrition for adults. Nutrition for women.
- TOPIC 7: Vegan and vegetarian diets.
- TOPIC 8: Nutrition for the elderly.

5. TEACHING/LEARNING METHODS

The types of teaching/learning methods are as follows:

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

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	25
Independent working	13
Case studies	5
Group activities	5
Written reports and strategies	7
Workshops and/or lab work	9
Tutorials	9
Knowledge test	2
TOTAL	**75**

Blended learning

Type of learning activity	Number of hours
Reading of content	6
Online seminars	7
Independent working	25
Case studies	6
Group activities	5
Written reports and strategies	5
Workshops and/or lab work	9
Online tutorials	9
Knowledge test	3
TOTAL	**75**

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
Submission of reports and essays	10%
Laboratory work	20%
Performance observation	10%
Participation in debates	10%
Knowledge test	50%

Blended learning

Assessment method	Weighting
Submission of reports and essays	10%
Laboratory work	20%
Performance observation	10%
Participation in debates	10%
Knowledge test	50%

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:

- Coral S, Gómez C, López C, López B. (2015). Manual de alimentación: planificación alimentaria. Madrid: librería UNED.
- Gil A. (2017) Tratado de Nutrición: nutrición humana en el estado de salud. España: editorial médica Panamericana.
- Gil A (2017). Tratado de Nutrición: bases fisiológica y bioquímicas de la nutrición. España: editorial médica Panamericana.

The *recommended bibliography* is indicated below:

- Nutriguía. Manual de Nutrición Clínica. Ana M. Requejo y Rosa M. Ortega. Editorial Complutense
- Tabla de composición de alimentos. Olga Moreiras, Ángeles Carbajal, Luisa Cabrera, Carmen Cuadrado. Editorial Pirámide.
- Nutrición En Las Diferentes Etapas De La Vida. Judith Brown. MCGRAW-HILL.