1. OVERVIEW

Subject Area	Diet Therapy
Degree	Bachelor's Degree in Human Nutrition and Dietetics
School/Faculty	Biomedical and Health Sciences
Year	Third-party
ECTS	6 ECTS
Type	Compulsory
Language(s)	Spanish
Delivery Mode	On campus and blended
Semester	Semester 6
Coordinating professor	Dr Luisa Solano Pérez

2. INTRODUCTION

Compulsory subject area within Module 4 'Nutrition, Dietetics and Health Sciences', delivered over one semester in the third year. This subject area is worth 6 ECTS credits. Studying this subject area will prepare students to select, design and evaluate diet plans for a range of circumstances and medical conditions.

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.
- 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):

- CG13: Understand and assess the relationship between food and nutrition in situations of health and situations of illness.
- CG16: Interpret a nutritional diagnosis, assess the nutritional aspects of a patient's medical record and implement a diet plan.
- CG26: Create, manage and cooperate in the planning of menus and diets tailored to the characteristics of the target group.

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.
- CT2: Leadership: ability to offer ideas, approaches and interpretations through strategies which offer solutions to real-life problems.
- 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):

- CE126: Know how to carry out dietary intervention. Types of diets and their characteristics.
- CE128: Know the role played by diet in the prevention and treatment of illness.
- CE129: Be familiar with different therapeutic diets: Modified texture diets, controlled energy diets, controlled carbohydrate diets, controlled protein/amino acid diets, controlled fibre diets, controlled fat diets, allergy and food intolerance diets, other diets for different conditions.

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

- RA1: Know how to plan, implement and evaluate diets in healthy and unwell people, including for different age groups, applying knowledge of Food Science and Nutrition.
- RA2: Know how to interpret a patient's dietary history, for both healthy and unwell people, and then how to prepare a personal diet plan.
- RA3: Identify a patient's dietary/nutritional issues.
- RA4: Know how to create and implement dietary/nutritional transition plans.
- RA5: Know the possible adverse reactions of food and be able to take action towards their prevention.

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

Skills	Learning outcomes
CB2, CB5, CT1, CT7, CT9, CE126, CE128, CE129	RA1: Know how to plan, implement and evaluate diets in healthy and unwell people, including for different age groups, applying knowledge of Food Science and Nutrition.
CB2, CB5, CT1, CT2, CT7, CT9, CE126, CE128, CE129	RA2: Know how to interpret a patient's dietary history, for both healthy and unwell people, and then how to prepare a personal diet plan.
CG13, CG26, CT9, CE126, CE128, CE129	RA3: Identify a patient's dietary/nutritional issues.
CB4, CT1, CT2, CT9, CE126, CE128	RA4: Know how to create and implement dietary/nutritional transition plans.
CB2, CB4, CG16, CE128	RA5: Know the possible adverse reactions of food and be able to take action towards their prevention.

4. CONTENTS

Unit 1: The Role of Diet in the Prevention and Treatment of Illness.

- Topic 1. Diet therapy: Introduction and basic concepts.
- Topic 2. Diagnosis and intervention: Assessment of a patient's nutritional status.

Unit 2: Energy Controlled Diets

- Topic 3. Overweight and obesity.
- Topic 4. Eating disorders.
- Topic 5. Calorie malnutrition.

Unit 3: Carbohydrate Controlled Diets

- Topic 6. Diabetes mellitus.
- Topic 7. Intolerance to fructose, lactose, galactose and sucrose.

Unit 4: Protein Controlled Diets

- Topic 8. Modified protein intake.
- Topic 9. Allergies and intolerances: Celiac disease and cow's milk protein allergy.
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Unit 5: Fat Controlled Diets

- Topic 10. Dyslipidaemia and cardiovascular disease.
- Topic 11. Malabsorption Syndrome.

Unit 6: Other Diets for Different Conditions

- Topic 12. Modified diets in vitamins, minerals and fibre.
- Topic 13. Diet for cancer patients.
- Topic 14. Modified texture diets.

5. TEACHING/LEARNING METHODS

The types of teaching/learning methods are as follows:

- Lecture.
- Case studies.
- Collaborative learning.
- Problem-based and project-based learning.
- Learning based on workshop/lab teaching

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
Case studies	10 h
Written reports and strategies	6.6 h
Lecture	50 h
Independent working	41.6 h
Workshops and/or lab work	12 h
Group activities	6.6 h
Tutorials	18.7 h
Knowledge test	4.3 h
Total	**150 h**

Blended learning

Learning activity	Number of hours
Reading of content	13
Online seminars	13
Independent working	65
Case studies	10
Group activities	7
Written reports and strategies	7
Workshops and/or lab work	12
Online tutorials	19
Knowledge test	4
TOTAL	**150**

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
Learning portfolio	10%
Submission of reports and essays	20%
Participation in debates	10%
Workshops/lab work	20%
Knowledge tests	40%

Blended:

Assessment method	Weighting
Learning portfolio	10%
Submission of reports and essays	20%
Participation in debates	10%
Workshops/lab work	20%
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.

9. BIBLIOGRAPHY

The recommended bibliography is indicated below: