COURSE DATA

DATA SUBJECT

Code: 33952
Name: Nutrition in Emergency Situations
Cycle: Undergraduate Studies
ECTS Credits: 4.5
Academic year: 2025-26

STUDY (S)

Degree	Center	Acad. year	Period
1205 - Degree in Human Nutrition and Dietetics	Facultat de Farmácia i Ciències de L'alimentació	4	First quarter

SUBJECT-MATTER

Degree	Subject-matter	Character
1205 - Degree in Human Nutrition and Dietetics	Nutrition in emergencies	ELECTIVES

COORDINATION

SORIANO DEL CASTILLO JOSE MIGUEL

SUMMARY

The course Nutrition in Emergency Situations (33952) is an elective subject in the fourth year of the Bachelor's Degree in Human Nutrition and Dietetics, taught at the Faculty of Pharmacy and Food Sciences at the University of Valencia. This course currently carries a total of 4.5 ECTS credits and is delivered on a semester basis.

The main objective is to provide training in nutrition during emergencies, covering existing humanitarian systems, nutritional recovery centers, the different types of malnutrition (including their assessment and treatment), as well as the preparation of cooperation projects and research and training in nutrition and related actions.

PREVIOUS KNOWLEDGE

RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

There are no specified enrollment restrictions with other subjects of the curriculum.

OTHER REQUIREMENTS

To study Nutrition in Emergencies necessary knowledge from a number of basic concepts of nutrition that the student should possess, and these contents covered in previous courses Degree in Human Nutrition and Dietetics

COMPETENCES / LEARNING OUTCOMES

1205 - Degree in Human Nutrition and Dietetics

Adquirir la terminología propia de la materia de Nutrición en situaciones de emergencia.

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

Conocer las organizaciones de salud, nacionales e internacionales, así como los diferentes sistemas de salud, reconociendo el papel del dietista-nutricionista.

Design projects that can help in situations of undernutrition in emergencies.

Evaluate undernutrition from all perspectives.

Know, judge and know how to use and apply the sources of information related to nutrition, food, lifestyles and health.

Know the different treatments used in undernutrition in emergency situations.

Know the double burden of malnutrition and its distribution around the world, as well as the political impact of undernutrition.

Know the operation and organisation of nutritional rehabilitation centres and mobile nutrition centres.

Practise the profession with respect for other health professionals and acquire skills to work in teams.

Recognise the essential elements of the profession of the dietitian-nutritionist including ethical principles, legal responsibilities and the practice of the profession, apply the principle of social justice to professional practice, and work with respect to people, their habits, beliefs and cultures, from a gender perspective.

Recognise the need to maintain and update professional competence, with particular emphasis on independent and lifelong learning of new facts, products and techniques in the field of nutrition and food, and on motivation for quality.

Study the different emergency situations and their evolution in the context of war, population displacement, discrimination and natural disasters.

Study the different modes of rehabilitation and monitoring of undernourished patients.

DESCRIPTION OF CONTENTS

Emergencies and malnutrition in the world:

- Definition
- Classification
- History
- Current situation

Humanitarian systems:

- Rules
- Responsibilities
- Coordination
- The Sphere Project

Malnutrition in emergency situations:

- Pathophysiology
- Clinical aspects

Nutritional recovery centers:

- Classification
- History
- Structure

Nutritional status assessment:

- Individual aspect
- Population aspect
- Relation to food security

Dietary treatment:

- Moderate acute malnutrition
- Severe acute malnutrition
- Micronutrient malnutrition

Evaluation of a nutritional program in emergency situations and surveillance systems

Food distribution

Job/training/volunteering opportunities in nutrition in emergency settings

Nutrition cooperation project in emergency situations: calls, development, monitoring, and final report

Research and publication in emergency contexts

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Tutorials	2,00
Theory	30,00
Seminar	2,00
Computer classroom practice	8,00
Total hours	**42,00**

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	2,00
Individual or group project	10,00
Independent study and work	30,00
Preparation of lessons	7,50
Preparation for assessment activities	3,00
Resolution of case studies	8,00
Total hours	**60,50**

TEACHING METHODOLOGY

The course will be structured as follows:

- **Theoretical classes**: These will include 3 hours per week in which the professor will provide students with an overview of the topic, along with the necessary information to understand the course content. Students will be encouraged to seek additional and complementary information, being guided on the appropriate use of bibliographic sources. To follow the class properly, students are advised to review the materials uploaded by the professor to the virtual classroom beforehand.
- **Specialized group tutorial sessions**: These will be organized in small groups to guide students and define how the course will operate. These sessions will provide a space for students to raise doubts or questions as the course progresses.
- **Practical sessions in the computer lab**: These will be carried out in small groups and attendance is mandatory. Students will be guided step by step in their work to develop skills in searching for

employment and volunteering opportunities related to nutrition in emergency situations, as well as in identifying calls for research and/or cooperation projects relevant to the subject. Students will present their findings and discuss their interpretations.

- **Seminars/Group projects**: A group project will be carried out on a topic proposed by the professor, to be presented to the rest of the class in order to generate a debate. A written outline will be shared with classmates in advance of the presentation. The group will receive regular supervision from the professor, who will guide them in locating bibliographic sources and critically analyzing the data. The professor will also advise on the general structure of the work, fostering students¿ skills in synthesis, collaboration, and research.

During both theoretical and practical activities, examples will be provided on how course content relates to the Sustainable Development Goals (SDGs), and this will also be reflected in the seminar topic proposals. The aim is to equip students with the knowledge, skills, and motivation to understand and address these SDGs, while promoting reflection and critical thinking.

EVALUATION

For the evaluation of the theoretical, with an examination, corresponding to the contents of the agenda. The note will achieved 70% of the overall grade of the course.

REFERENCES

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- World Health Organization. The management of nutrition in major emergencies. Ed. WHO: Ginebra (Suiza). 2000.
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- ICON Health Publications. Malnutrition: A medical dictionary, bibliography, and annotated research guide to Internet references. Ed. Icon Group International: San Diego (EEUU).2004.
- World Bank. What can we learn from nutrition impact evaluations?: Lessons from a review of interventions to reduce child malnutrition in developing countries (Independent Evaluation Group Studies). World Bank Publications: Washington (EEUU). 2010.
- Thomson-Smith, L.D. Malnutrition: The deadly condition. FastBook Publishing: Berlín (Alemania).

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- Marcos, A. Malnutrición en el mundo: Como encontrar soluciones en el Siglo XXI. Editec@Red: Madrid (España). 2008.
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