

**COURSE DATA****DATA SUBJECT****Code:** 33959**Name:** Dietetics I**Cycle:** Undergraduate Studies**ECTS Credits:** 6**Academic year:** 2026-27**STUDY (S)**

| Degree   | Center   | Acad. year | Period         |
|--|--|------------|----------------|
| 1205 - Degree in Human Nutrition and Dietetics                     | Facultat de Farmàcia i Ciències de l'alimentació | 2          | Second quarter |
| 1211 - Double Degree in Pharmacy and Human Nutrition and Dietetics | Facultat de Farmàcia i Ciències de l'alimentació | 4          | Second quarter |

**SUBJECT-MATTER**

| Degree   | Subject-matter   | Character  |
|--|--|------------|
| 1205 - Degree in Human Nutrition and Dietetics                     | Dietetics  | COMPULSORY |
| 1211 - Double Degree in Pharmacy and Human Nutrition and Dietetics | Asignaturas obligatorias del PDG Farmacia-Nutrición Humana y Dietética | COMPULSORY |

**COORDINATION**

CORTES FENOLLAR CLARA

LOZANO RELAÑO MANUEL

**SUMMARY**

Dietetic I is a compulsory subject that is provided with a load of 6 ECTS credits in the second semester of the second year of the degree in Human Nutrition and Dietetics (HND) and in the same semester in the Double Degree (Pharmacy and HND). The second part of the matter (Dietetic II) is provided in the degree in Human Nutrition and Dietetics in the first quarter of the third year. Part of module 4: Science of nutrition, the diet and health, which includes other subjects such as nutrition, dietetics II and nutritional pathology. This course is intended to the student to assimilate basic knowledge on general concepts of Dietetics and the application to the different physiological stages of the life, in order to expand their knowledge with Dietetic II the following year. The basic lines of the course are articulated around the study of basic concepts in nutrition: the food at different stages of life and its relation to health, the Mediterranean diet, nutritional goals and dietary guidelines. This course aims to the student to meet the nutritional needs of the population and adjust them on a diet balanced and varied. He is that the student is able to interpret and apply this knowledge in practice.



## PREVIOUS KNOWLEDGE

### RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

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

### OTHER REQUIREMENTS

## COMPETENCES / LEARNING OUTCOMES

### 1205 - Degree in Human Nutrition and Dietetics

Adquirir la terminología propia de la materia de Dietética.

Aplicar los conocimientos científicos de la fisiología, fisiopatología, la nutrición y alimentación a la planificación y consejo dietético en individuos y colectividades, a lo largo del ciclo vital, tanto sanos como enfermos.

Desarrollar la profesión con respeto a otros profesionales de la salud, adquiriendo habilidades para trabajar en equipo.

Diseñar y llevar a cabo protocolos de evaluación del estado nutricional, identificando los factores de riesgo nutricional.

Interpretar el diagnóstico nutricional, evaluar los aspectos nutricionales de una historia clínica y realizar el plan de actuación dietética.

Interpretar y manejar las tablas y bases de datos de composición de alimentos.

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

Know about the structure and use of the different food composition tables and exchange lists.

Know the bases of healthy eating in order to establish a balanced, varied and sufficient diet.

Know the characteristics of the different eating patterns and habits and their relationship with health.

Know the metabolic and functional changes that have a nutritional impact on the different stages of the life cycle (from newborn to frail elderly) and modify the diet according to the energy requirements of each developmental stage.

Realizar la comunicación de manera efectiva, tanto de forma oral como escrita, con las personas, los profesionales de la salud o la industria y los medios de comunicación, sabiendo utilizar las tecnologías de la información y la comunicación especialmente las relacionadas con nutrición y hábitos de vida.

Reconocer los elementos esenciales de la profesión del dietista-nutricionista, incluyendo los principios éticos, responsabilidades legales y el ejercicio de la profesión, aplicando el principio de justicia social a la práctica profesional y desarrollándola con respeto a las personas, sus hábitos, creencias y culturas, con perspectiva de género.



Set the criteria for preparing an individualised diet, including databases and software.

Study the different nutritional objectives and dietary guidelines at national and international level.

Study the relationship between eating habits and health and disease.

Understand nutrition and the changes to be made in special situations according to metabolic adaptations and specific nutritional needs.

## DESCRIPTION OF CONTENTS

### 1. Diet and health

This unit examines the relationship between diet and health. Establishing the bases for a balanced diet. Each of the themes is aligned with several SDGs.

- 1.1. The dietetics: history and current definition. (ODS 1, 2, 3, 4, 11,12 and 16).
- 1.2. Diet and health. The balanced diet. (ODS 1, 2, 3, 4, 6, 11, 12, 14 and 16)
- 1.3. Food behavior and model. (ODS 1, 2, 3, 4, 5, 6, 9,1 0, 11, 12, 16 and 17).
- 1.4. Diet Mediterranean recommended intakes: type. (ODS 1, 2, 3, 4, 6, 9, 11, 12, 14 and 16)
- 1.5. Nutritional goals and dietary guidelines. (ODS 1, 2, 3, 4, 5, 9, 10, 11, 12, 16 and 17)

### 2. Individual nutrition, modifications and adaptations in various stages of life.

This second unit studying the feeding of healthy adult, modifications and adaptations in the different stages of life.

- 2.1. Nutrition of adult healthy. (ODS 1, 2, 3, 4, 6, 11, 12, 14 and 16)
- 2.2. Feeding during pregnancy. (ODS 1, 2, 3, 4, 6, 11, 12, 14 and 16)
- 2.3. The food of the nursing mother. ODS 1, 2, 3, 4, 6, 11, 12, 14 and 16)
- 2.4. Feeding nursing. (ODS 1, 2, 3, 4, 6, 11, 12, 14 and 16)
- 2.5. Nutrition of preschool and school. (ODS 1, 2, 3, 4, 6, 11, 12, 14 and 16)
- 2.6. Nutrition of teenage. (ODS 1,2,3,4,6,11,12,14 and 16)
- 2.7. The food during the climacteric and middle-aged. (ODS 1,2,3,4,6,11,12,14 and 16)
- 2.8. Feeding the geriatric age and frail elderly. (ODS1, 2, 3, 4, 6, 11, 12, 14 and 16)

## WORKLOAD

### PRESENCIAL ACTIVITIES

| Activity           | Hours        |
|--------------------|--------------|
| Tutorials          | 2,00         |
| Theory             | 38,00        |
| Seminar            | 2,00         |
| Laboratory         | 15,00        |
| <b>Total hours</b> | <b>57,00</b> |

**NON PRESENCIAL ACTIVITIES**

| Activity                              | Hours        |
|---------------------------------------|--------------|
| Attendance at other activities        | 0,00         |
| Individual or group project           | 15,00        |
| Independent study and work            | 55,00        |
| Preparation of lessons                | 15,00        |
| Preparation for assessment activities | 2,00         |
| Resolution of case studies            | 3,00         |
| <b>Total hours</b>                    | <b>90,00</b> |

**TEACHING METHODOLOGY**

The development of the course is structured in:

**Theoretical-practical Classes:** These will be held in weekly one-hour sessions. A total of 38 one-hour sessions will be required to cover this teaching component. The theoretical-practical classes will mainly consist of lectures combined with the resolution of practical cases and the simulation of possible dietetic-nutritional consultation scenarios. The instructor will present the most relevant content of the subject, using the necessary audiovisual resources to ensure a smooth and coherent delivery. The instructor will make the required materials available in advance on the "Aula Virtual" teaching support platform to facilitate proper follow-up of the theoretical classes. These classes primarily aim to develop KNOWLEDGE, and to a lesser extent, contribute to the acquisition of SKILLS AND ATTITUDES. Attendance will be monitored by the instructor.

As part of the theoretical-practical classes, students may be invited to participate in Educational Innovation projects developed by the faculty responsible for the course.

**Practical laboratory sessions:** are **compulsory** for students of first enrollment (they are kept for two years, so those of second and third enrollment is not required to do them, but if they must perform the corresponding part of the practices in the exam). Carried out in four sessions of 4 hours. During the session will have to make a script of the "Notebook of practices" sessions, with a short theoretical introduction of them and the detailed protocol. During each session students will have to fill the practice workbook, including chemical reactions and the mathematical calculations needed to obtain the results and the final solution. The notebook of practices will be delivered during the week following the completion of the practices and will be corrected by the teacher. The most representative calculations made previously by the student in their time of study will be reviewed during classes. Practical classes contribute primarily to the acquisition of skills, and to a lesser extent to the attitudes and knowledge.

**Seminars:** They are **compulsory for students who are enrolled**(attendance is mandatory for students of first, second or successive enrollments, although the grade is kept). One coordinated seminar will be conducted on topics and format proposed by the students and agreed with the teacher, following the guidelines on coordinated seminars available at the web page of the Faculty. The development of the seminar will be monitored through tutorials, to be agreed between the teacher and students. The seminars will be presented in writing and submitted by students. After the oral presentation speaking time will the other students, moderated by the teacher.



In the case of Double Degree (Pharmacy and HND) the seminar will not be coordinated.

**Tutorials:** Are compulsory attendance **for students who are enrolled** (attendance is mandatory for students of first, second or successive enrollments, and both must make the activities proposals since they are not saved) and students will come to them in organized groups and will be in total 2 evenly distributed at the beginning, middle and end of the semester. The duration of these tutorials will be 1 hour. In them, Professor will evaluate the learning process of students in a global manner and guide students on the methods of work more useful for the resolution of problems that might arise. Equally, the tutorials will serve to resolve all doubts that have been able to arise over the theoretical and practical classes.

Evidence of copying or plagiarism in any of the assessable tasks will result in failure to pass the subject and in appropriate disciplinary action being taken. Please note that, in accordance with article 13. d) of the Statute of the University Student (RD 1791/2010, of 30 December), it is the duty of students to refrain from using or participating in dishonest means in assessment tests, assignments or university official documents.

In the event of fraudulent practices, the "**Action Protocol for fraudulent practices at the University of Valencia**" will be applied (ACGUV 123/2020): <https://www.uv.es/sgeneral/Protocols/C83sp.pdf>

The contents of the subject will be related to the Sustainable Development Goals (SDG). This is intended to provide students with knowledge, skills and motivation to understand and address these SDGs, while promoting reflection and criticism.

## EVALUATION

**Assessment of Learning:** The assessment of knowledge, competencies, and skills will be carried out in the form of continuous evaluation throughout the course. The following evaluable parameters will be considered: a) final theoretical-practical written exam, in which the general level of knowledge of the theoretical and practical concepts presented for each topic will be assessed; b) preparation for and participation in seminars: written report and oral presentation (the scientific content of the work, the ability to present and debate with professors and peers, as well as the ability to integrate into the working group will be evaluated); c) other tasks assigned throughout the course, the completion of which will be announced to students with sufficient notice; d) class attendance.

**To pass the course, a minimum score of 5 out of 10 is required.**

The evaluation will be distributed, in terms of percentage of the final grade, as follows:

**Assessment of theoretical and practical content:** The exam will cover the topics presented in the theoretical-practical classes, laboratory sessions, and computer lab sessions. The exam will include multiple-choice questions, true/false questions, case studies discussed in class, and numerical problem-solving based on the laboratory and computer sessions. In the case of the Double Degree (Pharmacy and Human Nutrition & Dietetics), questions related to the seminar topics may also be included. This exam represents **\*\*85%\*\*** of the final grade. A **minimum of 5 out of 10 points** is required for this exam to be counted toward the final grade.

**Assessment of tutorials:** This component will represent **0.5 points out of 10**. The grade will reflect the completion of tasks assigned, excluding laboratory practicals and seminar work. Non-attendance (without justified cause) will result in failure of the subject.



**Assessment of seminars:** The seminar will contribute a maximum of **1.0 point out of 10** to the final grade. The evaluation will consider the scientific content of the work, the preparation and presentation, public speaking skills, the ability to engage in discussion with professors and classmates, and the level of group integration, in accordance with the guidelines available on the degree's website. Attendance will also be taken into account. Non-attendance (without justified cause) will result in failure of the subject.

**If the subject is failed in the first call,** only the grades for tutorials and seminars will be carried over to the second sitting. Under no circumstances will the exam grade (neither theoretical-practical questions nor the laboratory practicals included in the exam) be retained.

**If the course is failed in the second call,** laboratory practicals do not need to be repeated for the following two academic years. Similarly, the seminar grade will be retained\*\*, although attendance at the corresponding seminars in the second and third enrolments is still required.

**Continuous assessment activities, which in this course include laboratory practicals, tutorials, and seminars, are MANDATORY and therefore NON-RECOVERABLE, in accordance with Article 6.5 of the Regulations on Assessment and Grading at the University of Valencia for Bachelor's and Master's Degrees. In the event that a student cannot attend one of these activities due to a justified reason, they must notify the instructor in advance. The course coordinator may then assign the student to a session with another group.**

## REFERENCES

- SALAS-SALVADÓ, J. Nutrición y dietética clínica (4ª ed.). Ed. Elsevier, Barcelona. 2019.
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- MAHAN, L.K. i S. SCOTT-STUMP (2001) Nutrición y Dietoterapia de Krause. Mèxic: McGraw-Hill-Interamericana, 10a edició.
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