COURSE DATA

DATA SUBJECT

Code: 33960
Name: Dietetics II
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	3	First quarter
1211 - Double Degree in Pharmacy and Human Nutrition and Dietetics	Facultat de Farmàcia i Ciències de l'alimentació	5	First 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

QUILES BESES JUAN MANUEL

GUILLEM RAMON ANA DOLORES

GOZALBO MONFORT MONICA

SUMMARY

Dietetic II is a compulsory subject that is provided with a load of 6 ECTS credits in the first semester of the third year of the degree in Dietetics and Human Nutrition. The first part of the matter (Dietetic I) is provided in the second quarter of the second year. Part of module 4: Science of nutrition, the diet and health, which includes other subjects such as nutrition, dietetics II and nutritional pathology.

PREVIOUS KNOWLEDGE

RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

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

OTHER REQUIREMENTS

No enrollment restrictions specified with other subjects in the currículum, although it would be advisable to take Dietetics I beforehand.

COMPETENCES / LEARNING OUTCOMES

1205 - Degree in Human Nutrition and Dietetics

Adquirir la terminología propia de la materia de Dietética.

Aplicar las Ciencias de los Alimentos y de la Nutrición a la práctica dietética.

Apply scientific knowledge of physiology, physiopathology, nutrition and food to offer dietary planning and advice to both healthy and sick individuals and communities throughout their life cycle.

Assess and calculate nutritional requirements in situations of health and illness at any stage of the life cycle.

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 bases y fundamentos de la alimentación y la nutrición humana.

Conocer los límites legales y éticos de la práctica dietética.

Conocer los nutrientes, sus funciones y su utilización metabólica. Conocer las bases del equilibrio nutricional y su regulación.

Design and implement protocols of assessment of the nutritional status to identify nutritional risk factors.

Identificar las bases de una alimentación saludable (suficiente, equilibrada, variada y adaptada).

Identificar los problemas dietético-nutricionales del paciente, así como los factores de riesgo y las prácticas inadecuadas.

Interpret the nutritional diagnosis, assess the nutritional aspects of a medical history and design the dietetic action plan.

Know, detect early and evaluate quantitative and qualitative deviations, due to surplus or shortage, of nutritional balance.

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.

Manejar las herramientas básicas en TIC utilizadas en el campo de la Alimentación, Nutrición y la Dietética.

Participar en el equipo multidisciplinar de una Unidad de Nutrición Hospitalaria.

Participate in the design of total diet studies.

Plan and interpret the assessment of the nutritional status of individuals and/or groups, both healthy (in all physiological situations) and sick.

Planificar y llevar a cabo programas de educación dietético-nutriconal en sujetos sanos y enfermos

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.

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 and use clinical and biochemical data in the nutritional assessment of patients and in their dietary-nutritional treatment.

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

Write, interpret and manage charts and databases of food composition..

Write and interpret a dietary history of healthy and sick individuals.

DESCRIPTION OF CONTENTS

1. Diet planning

1.1. Process for the realization of an individualized diet.
1.2. Ways to plan a balanced diet.
1.3. Food consumption at different times of the day. Chrononutrition.
1.4. Gastronomic expression. Ways to present a diet. The menu as a dietary unit.

2. Food in special situations

2.1. Diets for weight control. Low calorie diets. Diets in involuntary weight loss situation, ED.
2.2. Diet and physical exercise. Training, precompetition and recovery diets.
2.3. Vegetarian food.

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Tutorials	2,00
Theory	38,00
Seminar	2,00
Laboratory	15,00
Total hours	**57,00**

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
Total hours	**90,00**

TEACHING METHODOLOGY

The development of the course is structured in:

Theory classes: carried out in weekly sessions of one hour. In total 38 sessions of an hour are necessary to cover this facet teaching. Master class will basically be used in theory classes and methodologies of inductive learning and flipped classroom. The teacher will present the most relevant content on the subject, using audiovisual media necessary for quick and consistent development of the same. The teacher will leave accessible in advance on the platform of teaching "Virtual Classroom", the necessary material support for proper follow-up of theory classes. The theoretical classes enable notably the acquisition of knowledge, and to a lesser extent contribute to the acquisition of procedures and attitudes. The Professor will monitor the assistance to them.

Practical laboratory sessions: are compulsory. Carried out in 4 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, the student must fill in the sheets for each of the practices, including the chemical reactions and mathematical calculations necessary to obtain the results and the final solution, and they have to be released on the last day of practice. During the classes the most representative calculations will be reviewed, previously carried out by the student during their study time. On the last day of practice, and coinciding with the computer practice session, students will take an exam on the theoretical and practical content of these. The practical classes contribute fundamentally to the acquisition of SKILLS, and to a lesser extent to that of ATTITUDES and KNOWLEDGE. During the internship period in the laboratory, students must properly manage the use of water and waste generated during the same (SDG 6).

Seminars: During the seminars, students may carry out different complementary activities related to the course contents, which may form part of the course syllabus and be subject to assessment. These activities may include debates, critical analysis of readings and scientific papers, the resolution of practical and clinical cases, and the preparation of outreach materials (e.g., infographics). The seminars will develop students' skills in information searching, selection and synthesis, the use of ICT tools, the ethical and responsible use of Artificial Intelligence, and oral and written communication. They will also promote teamwork, critical thinking and constructive reflection. Seminar activities will be supervised by the lecturer during class sessions. Attendance at seminars is compulsory.

Tutorials: Are compulsory attendance and students will come to them in organized groups and will be in total 2 evenly distributed at the beginning and end of the semester. The duration of these tutorials will be 1 hour. Students raised doubts about the subject, as well as the short questions and/or problems given previously in the virtual platform.

The 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.

Tasks: throughout the course the student will arise a number of practical issues and problems

Complementary activities: activities to supplement the training of the student may pose throughout the course.

SDG: general contents of the course (theory, practice, activities, seminars and tutorials) are aligned with the

Sustainable Development Goals (SDGs) numbers 1, 2, 3, 4, 5, 11 and 12. In addition, in each of the didactic units and topics of the course, the specific SDGs that are worked on in that topic will be indicated.

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EVALUATION

The evaluation of learning of the knowledge, competitions and skills will be carried out in the shape of evaluation continued along the course. There will be considered to be parameters evaluables: a) theoretical-practical final written test in which there will be evaluated the grade of general knowledge of theoretical concepts and procedures presented for every topic; b) achievement of individual and/or collective memoirs of exercises relative to the different activities in classroom, computer classroom and in the laboratory, in that ad will evaluate the acquisition of skills and definite attitudes hoc for the matter, as well as the work developed by the student and the apprehension of procedures and basic concepts; c) preparation and participation in seminars: written work and exhibition (the scientific content of the work will be evaluated, and the capacity of exhibition and debate with the teachers and partners, as well as the integration capacity in the group of work; d) other tasks proposed along the course, whose(which) achievement he(she) will announce the students to himself with enough advance; e) student attitude (valuable from the individual and collective tutorships, and the participation in the practical classes and seminars exposed and debated in the classroom); f) assistance to class.

Evaluation of the theoretical contents: The evaluation will be carried out through theoretical questions in a written exam. The result of this evaluation will represent **55%** of the final grade of the subject.

Evaluation of the practical lab classes: the qualification obtained in this evaluation will represent **20%** of the final grade for the course..Practical classes will be assessed through a) the attitude and demonstrated aptitude (care and use of the material, carrying out calculations, recording all the work carried out in the laboratory, preparation of the practicals, ...) and the delivery of the files to the end each of the sessions, b) elaboration of a food atlas (50%) and c) On the last day of practice there will be a written exam with practical questions (theoretical concepts, calculations and interpretation of the results) that will represent 50% of the practice mark.

Failure to attend laboratory practices means not being able to obtend the approval in the subject.

Evaluation of tasks: the evaluation of this section will represent **10%** of the final grade for the course. In this qualification will take into account the resolution of the tasks proposed at class or "virtual class", different laboratory practices and Tutorship (the note will be distributed according to the number of tasks

and/or proposed issues).

Evaluation Tutorship: the evaluation of this section will represent **5%** of the final grade for the course. In this qualification will take into account the resolution of the tasks proposed (the note will be distributed according to the number of tasks and/or proposed issues). Be taken into account also the assistance to them; not attend them, will be scored zero.

Evaluation of the seminars: The seminar will contribute up to 1.0 point (10%) towards the final grade for the course. Assessment will be based on the scientific content of the work, as well as its preparation, communication and synthesis, the student's ability to present and discuss it with the lecturer and classmates, and their integration within the working group. For repeat students, neither the seminar grade nor attendance from seminars completed before the 2026/27 academic year will be retained.

Cannot be condoned the subject if either of these circumstances:

1. Did not obtain at least 45% of the score assigned to theoretical exam.

2. That the overall rating of the subject is less than 5.

In the case of suspend the subject in the first call, only will be saved until the second call the obtained note in the realization of laboratory and booklets corresponding to the same practices and the note corresponding to tutoring, homework and seminars. In no event will be saved the obtained note in the test (not even the correspondent to the theoretical questions not recounted to the practical questions of the same one), task and Tutorship.

In **the case of suspending the course in second call**, laboratory practices must not repeat them during the two following years.

Repeat students of the subject must attend again the tutorships in the second and subsequent registrations, NOT keeping attendance or previous notes.

Repeat students of the subject who cannot attend tutorials and seminars again must duly justify it.

The students who were not submitted to the written exam will be rated as **not presented**.

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

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