

**COURSE DATA****DATA SUBJECT****Code:** 34371**Name:** Nutrition and dietetics**Cycle:** Undergraduate Studies**ECTS Credits:** 6**Academic year:** 2025-26**STUDY (S)**

Degree	Center	Acad. year	Period
1200 - Degree in Nursing	Facultat d'Infermeria i Podologia	1	Second quarter
1213 - Grado en Enfermería (Ontinyent)	Facultat d'Infermeria i Podologia	1	Second quarter

SUBJECT-MATTER

Degree	Subject-matter	Character
1200 - Degree in Nursing	Pharmacology and dietetics	BASIC
1213 - Grado en Enfermería (Ontinyent)	Farmacología y dietética	BASIC

COORDINATION

FONFRIA VIVAS ROSA MARIA

VILA ATIENZA VIOLETA ALBA

SUMMARY**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**

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Be able to formulate hypotheses and to gather and critically assess information to resolve problems by



applying, among others, the gender approach.

Know and apply communication techniques and tools from a non-sexist perspective, both in interpersonal relationships and in group dynamics.

Know and assess the nutritional needs of healthy people and of those with health problems, throughout the life cycle and according to physical activity, in order to promote and reinforce healthy eating behaviour patterns. Identify the nutrients and the foods in which they are found. Identify the most prevalent nutritional problems in women and men and select appropriate dietary recommendations.

Maintain and update professional skills, with particular emphasis on independent learning of new knowledge and skills and motivation for quality in health care.

Offer health education actions using strategies that are appropriate to individuals, families and communities, making scientific information and recommendations available to the population in an understandable language.

Plan and provide nursing care for individuals, families or groups, focusing on health results and evaluating its impact, using guides to clinical practice and care that set out the processes involved in the diagnosis, treatment or care of a health problem.

Promote healthy lifestyles that encourage self-care among individuals, families and communities.

Understand, critically assess and know how to use sources of clinical, biomedical and health information to obtain, organise, interpret and communicate scientific and epidemiological information.

Work as a team, understood as a basic unit into which professionals and other workers of health care organisations are integrated, structured and organised in single- or multi-disciplinary and inter-disciplinary teams, as a way of ensuring the quality of health care.

DESCRIPTION OF CONTENTS

1.

2.

3.

4.

**WORKLOAD****PRESENCIAL ACTIVITIES**

Activity	Hours
Tutorials	2,00
Theory	50,00
Classroom practices	8,00
Total hours	60,00

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	0,00
Individual or group project	0,00
Independent study and work	70,00
Preparation of lessons	16,00
Preparation for assessment activities	4,00
Resolution of case studies	0,00
Total hours	90,00

TEACHING METHODOLOGY**EVALUATION****REFERENCES**

- Carmen Martín Salinas, Joaquina Díaz Gómez. (2019). Nutrición y Dietética. Editorial DAE. ISBN: 9788494939129. En red a través del enlace de enferteca: <https://www.enferteca.com/?infolibro=5342> - Aurora Esteve Clavero, María Isabel Mármol López y María de las Gracias Ruiz Navarro. (2023). Formación Especializada de Enfermería Nutrición y dietética. El paciente con alteraciones digestivas. Ediciones DAE Grupo Paradigma. ISBN: 9788412680737. (En catàleg Biblioteca UV, disponible en línia). - Jordi Salas-Salvadó, Anna Bonada i Sanjaume, Roser Trallero Casañas, M. Engràcia Saló i Solà, Rosa Burgos Peláez. (2019). Nutrición y dietética clínica. Elsevier. ISBN : 9788491135135. (En catàleg Biblioteca UV, disponible en línia).
- Raymond, Morrow, K., Krause, M. V., & Mahan, L. K. (2021). Krause. Mahan dietoterapia / Janice L. Raymond, Kelly Morrow. (15a edició). Elsevier. ISBN: 9788491139379 (En catàleg Biblioteca UV, disponible en línia).