

# Hybrid Professional Master's Degree

## Clinical Nutrition





## Hybrid Professional Master's Degree

### Clinical Nutrition

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Technological University

Teaching Hours: 1,620 h.

Website: [www.techtitute.com/us/medicine/hybrid-professional-master-degree/hybrid-professional-master-degree-clinical-nutrition](http://www.techtitute.com/us/medicine/hybrid-professional-master-degree/hybrid-professional-master-degree-clinical-nutrition)

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# 01

# Introduction

This program brings together the most advanced and in-depth knowledge in Clinical Nutrition. Through its innovative educational program, students will analyze trends such as Nutrigenetics and Nutrigenomics. At the same time, it examines the use of novel technologies and methods such as dynamometry and muscle ultrasound to diagnose lipid complications and other conditions. Keeping up to date with these contents is a demanding task and to facilitate the access of its students to all of them TECH has created this program of excellence. It has been prepared by professors of high scientific rigor and broad international experience. This is a unique didactic opportunity that combines the dynamics of a complex professional practice with its main theoretical elements in a comprehensive manner.







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*Don't miss this great opportunity and become an expert in Clinical Nutrition thanks to this Hybrid Professional Master's Degree from TECH"*

Several recent scientific investigations have confirmed the role of nutrition in the development and evolution of other complex pathologies such as cancer. Academics agree that good nutritional management of a patient improves treatment adherence to a primary disease. It also reduces hospital stay, the spread of other infections and even decreases mortality. Therefore, there is a growing interest in applying individualized studies to the diet of each person, supporting various diseases. In this context, TECH has created a program of excellence, where the mastery of theoretical content and the most complex practical skills are closely related.

This Hybrid Professional Master's Degree in Clinical Nutrition is based on the use of the latest educational technology. In particular, it reviews the latest trends in the field. The program delves into disciplines such as Nutrigenetics, Nutrigenomics and Immunonutrition. All of these areas examine how patients are predisposed for proper nutrient absorption according to their own DNA codes. In addition, it analyzes the best feeding strategies in the different phases of life, which includes the intrauterine phase, adolescence and adulthood.

During this program, TECH will facilitate the access of its students to real patients, in first level hospital scenarios. These facilities are equipped with state-of-the-art resources. In these spaces, students will be able to make the most of their potential and grow within the area of Clinical Nutrition under the guidance of highly prestigious experts. All your progress will be monitored by a designated tutor. This specialist will insert the graduate in the dynamics of health care and, in this way, they will develop competencies that, in their professional future, will open the doors to competitive and demanding jobs.

This **Hybrid Professional Master's Degree in Clinical Nutrition** contains the most complete and up-to-date scientific program on the market. Its most outstanding features are:

- ♦ More than 100 clinical cases presented by experts in nutrition
- ♦ The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice
- ♦ It contains exercises where the self-assessment process can be carried out to improve learning
- ♦ Algorithm-based interactive learning system for decision-making for patients with feeding problems
- ♦ Clinical practice guidelines on the different pathologies related to nutrition
- ♦ All this will be complemented by theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection
- ♦ In addition, you will be able to carry out a clinical internship in one of the best hospitals in the world



*Learn from professionals of reference, who will put all their experience at the service of a Hybrid Professional Master's Degree of the highest quality"*

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*This program gives you the opportunity to update your knowledge in a real scenario, with the maximum scientific rigor of an institution at the forefront of technology”*

In this Hybrid Professional Master's Degree proposal, of a professionalizing nature and blended learning modality, the program is aimed at updating Clinical Nutrition professionals who develop their functions in intensive care units, and who require a high level of qualification. The contents are based on the latest scientific evidence, and oriented in a didactic way to integrate theoretical knowledge into medical practice, and the theoretical-practical elements will facilitate the updating of knowledge and will allow decision making in patient management.

Thanks to their multimedia content developed with the latest educational technology, they will allow the healthcare professional to learn in a contextual and situated learning environment, that is, a simulated environment that will provide immersive learning programmed to train in real situations. This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*The practical training of this program will allow you to achieve professional success with an intensive 3-week internship.*

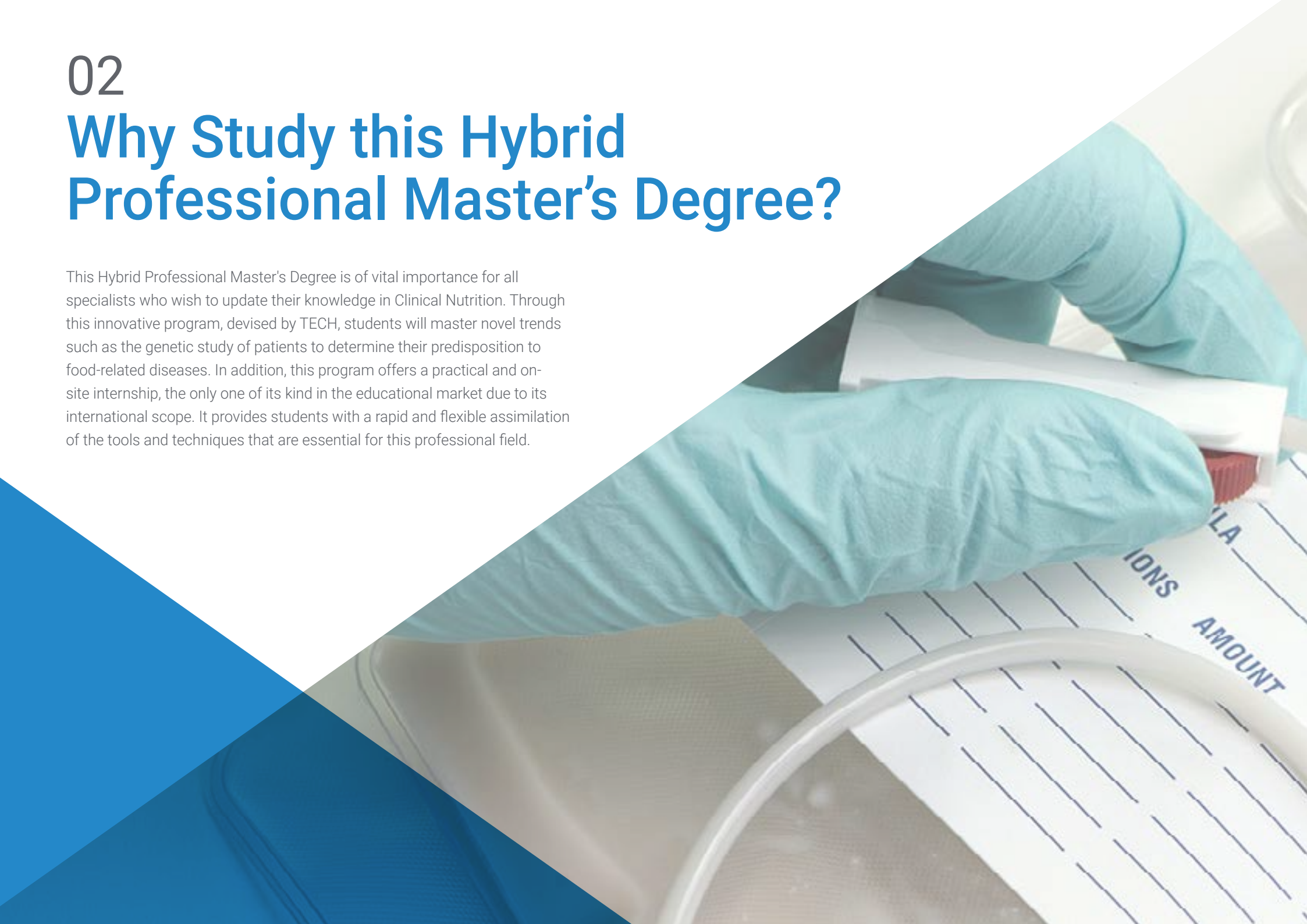
*This Hybrid Professional Master's Degree in Clinical Nutrition will help you update your knowledge in a practical way and adapted to your time and academic preparation needs.*



02

# Why Study this Hybrid Professional Master's Degree?

This Hybrid Professional Master's Degree is of vital importance for all specialists who wish to update their knowledge in Clinical Nutrition. Through this innovative program, devised by TECH, students will master novel trends such as the genetic study of patients to determine their predisposition to food-related diseases. In addition, this program offers a practical and on-site internship, the only one of its kind in the educational market due to its international scope. It provides students with a rapid and flexible assimilation of the tools and techniques that are essential for this professional field.





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*Clinical Nutrition has become a highly demanded specialty on an international scale and through this training you will be able to specialize in its management"*

### **1. Updating from the latest technology available**

Thanks to this program, TECH students will delve into the use of complex technologies such as muscle ultrasound and dynamometry to evaluate the correct absorption of nutrients by the patient. This knowledge will reach them in a theoretical and practical way and, in the immediate future, will facilitate their access to competitive and demanding jobs, above other experts in the labor market.

### **2. Gaining In-Depth Knowledge from the Experience of Top Specialists**

Throughout this training, students will have a team of excellent teachers who will provide them with personalized guidance at all times. These professors have chosen the contents of the syllabus based on their daily practical experiences, thus providing the program with an in-depth analysis of the most common problems of daily work practice.

### **3. Entering first level-Class Clinical Environments**

In a second stage of this program, TECH has foreseen the needs of its students in terms of the handling of the most complex technological tools in the healthcare field that studies Clinical Nutrition. For this reason, it has planned a practical on-site stay where students will work side by side with leading experts in this professional field and in hospitals of international importance.





#### 4. Combining the Best Theory with State-of-the-Art Practice

At the academic level, few programs of study manage to unify the theoretical field with practical activity with greater excellence than TECH. From its Hybrid Professional Master's Degree model, students achieve a holistic mastery of the trends and techniques embodied in its educational content. They also have 3 weeks of classroom activity in a prestigious center to apply everything they have learned in the productive dynamics.

#### 5. Expanding the Boundaries of Knowledge

This training aims to enable all students to broaden their professional horizons from an international perspective. This is possible thanks to the breadth of contacts and collaborators within reach of TECH, the world's largest digital university. In this way, students will have the opportunity to interact with experts from different latitudes and become familiar with global standards related to Clinical Nutrition.

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*You will have full hands-on immersion  
at the center of your choice”*

# 03 Objectives

Proper nutrition is key to increasing the chances of good health. In addition, certain diseases limit food intake and force patients to resort to specialized diets to help alleviate the nutritional deficit caused (anemia, cholesterol, diabetes, malnutrition, etc.). Therefore, the purpose of this program is to provide physicians with the most exhaustive and innovative information that will allow them to update their clinical practice based on the latest scientific evidence that has been discovered in this field.







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*Among the highlights of this program is the comprehensive approach to new developments related to drug-nutrient interactions”*



## General Objective

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- The general objective of the Hybrid Professional Master's Degree in Clinical Nutrition is to update the physician's knowledge of new trends in human nutrition, both in health and in special pathological situations based on scientific evidence-based practice. In addition, it will promote work strategies focused on new food trends and their application in infant, juvenile, adult and elderly patients. All this through a multidisciplinary experience with which you will improve your professional skills in a guaranteed way and in less time than you think

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*The best program in the entire university sector to delve into the newest and most effective strategies for the prevention and treatment of childhood malnutrition”*





## Specific Objectives

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### Module 1. New Developments in Food

- ♦ Review the basics of a balanced diet in the different stages of the life cycle, as well as in exercise
- ♦ Assess and calculate nutritional requirements in health and disease at any stage of the life cycle
- ♦ Review the new dietary guidelines, nutritional objectives, and recommended dietary allowances (RDA)
- ♦ Manage food databases and composition tables
- ♦ Acquire skills in reading and understanding new food labeling methods
- ♦ Update the drug-nutrient interaction and its implication in the patient's treatment
- ♦ Incorporate the possibilities of phytotherapy as an adjuvant treatment in clinical practice

### Module 2. Current Trends in Nutrition

- ♦ Update knowledge in nutrigenetics and nutrigenomics
- ♦ Identify the relationship between nutrition and immune status
- ♦ In-depth study of the circadian system as a key factor in nutrition
- ♦ Identify and classify foods, food products, and food ingredients
- ♦ Review the chemical composition of foods, their physicochemical properties, their nutritional value, their bioavailability, their organoleptic characteristics and the modifications they undergo as a result of technological and culinary processes
- ♦ Get up-to-date on the composition and utilities of new foods

### Module 3. Assessment of Nutritional Status and Diet. Practical Application

- ♦ Analyze the different methods for assessing nutritional status
- ♦ Interpret and integrate anthropometric, clinical, biochemical, hematological, immunological and pharmacological data in the nutritional assessment of the patient and in their dietary- Nutritional treatment
- ♦ Predict patients' nutritional risk
- ♦ Manage the different types of nutritional surveys to assess food intake
- ♦ Early detection and evaluation of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ♦ Review basic aspects of food microbiology, parasitology and toxicology related to food safety

### Module 4. Nutritional Consultation

- ♦ Review the psychological bases and biopsychosocial factors that affect human eating behavior
- ♦ Acquire teamwork skills as a unit in which the professionals and other personnel involved in the diagnostic evaluation and treatment of dietetics and nutrition are structured in a uni or multidisciplinary and interdisciplinary way
- ♦ Know the basics of marketing, market research and clientele that a nutritional practice should manage
- ♦ Delve into the techniques of interviewing and dietary counseling for the patient

### **Module 5. Sports Nutrition**

- ♦ Evaluate and prescribe physical activity as a factor involved in nutritional status
- ♦ Study the latest developments in exercise physiology
- ♦ Emphasize the importance of good hydration in all sports disciplines
- ♦ Treat common eating disorders in sports such as vigorexia, orthorexia or anorexia

### **Module 6. Clinical Nutrition and Hospital Dietetics**

- ♦ Delve into the management of hospital nutrition units
- ♦ Distinguish the different basal and therapeutic diets used in hospital settings
- ♦ Study the interaction between drugs and nutrients

### **Module 7. Nutrition in Digestive System Pathologies**

- ♦ Know the different oral alterations, as well as esophago-gastric alterations
- ♦ Address nutrition in post-surgical syndromes
- ♦ Study common food allergies and intolerances with gastrointestinal impact

### **Module 8. Nutrition in Endocrine-Metabolic Diseases**

- ♦ Explore the etiology, nutrigenetics and nutrigenomics of obesity
- ♦ In-depth study of advances in diabetes mellitus and hypertension
- ♦ Know the most effective endoscopic and surgical treatments for endocrine-metabolic diseases
- ♦ Update knowledge on dieting and obesity

### **Module 9. Nutrition in Kidney Diseases**

- ♦ Explore glomerular conditions and tubulopathies
- ♦ In-depth study of chronic renal insufficiencies

### **Module 10. Nutrition in Neurological Diseases**

- ♦ Study swallowing disorders
- ♦ Know the most important developments in Parkinson's and Alzheimer's disease
- ♦ In-depth study of cerebrovascular accidents
- ♦ Delve into disabling neuromuscular conditions

### **Module 11. Nutrition in Special Situations**

- ♦ Explore nutrition in the context of metabolic stress
- ♦ Broaden knowledge regarding the treatment of oncology patients
- ♦ Know the role of nutrition in immune-mediated diseases

### **Module 12. Nutrition in Deficiency Diseases**

- ♦ Study hospital malnutrition and fasting cycles
- ♦ Define a framework for action against anemia and hemochromatosis
- ♦ Further understanding of the relationship between diet and oral diseases

### **Module 13. Artificial Nutrition in Adults**

- ♦ Distinguish enteral and parenteral nutrition with their main characteristics
- ♦ Know the advances in home artificial nutrition



**Module 14. Physiology of Infant Nutrition**

- ♦ Apply Food Science and Nutrition to the practice of pediatric dietetics
- ♦ Update the different educational methods of application in health sciences, as well as communication techniques applicable to food and human nutrition with a special focus on children and adolescents
- ♦ Reflect on the usefulness of the school cafeteria as an educational vehicle
- ♦ Review the relation between physiology and nutrition in the different stages of infant development
- ♦ Analyze the implications of nutrition in the growth process and in the prevention and treatment of different childhood pathologies
- ♦ Identify the repercussion that a pregnant and lactating mother's nutrition has on the intrauterine growth and evolution of new-borns and infants
- ♦ Describe the nutritional requirements in the different periods of childhood
- ♦ Apply the knowledge acquired on nutritional assessment in pediatrics

**Module 15. Artificial Nutrition in Pediatrics**

- ♦ Explore the general Information about enteral and parenteral nutrition in pediatrics
- ♦ Study nutritional supplements as a fundamental support of the conventional diet
- ♦ Understand the role of probiotics and prebiotics in infant feeding

**Module 16. Infant Malnutrition**

- ♦ Develop plans to prevent child malnutrition
- ♦ Address vitamin and trace element deficiencies with modern treatment methods
- ♦ In-depth study of the prevention and nutritional treatment of childhood obesity
- ♦ Know the most relevant psychosocial aspects of malnutrition

**Module 17. Childhood Nutrition and Pathologies**

- ♦ Study the role of nutrition in the various pathologies of childhood
- ♦ In-depth study of feeding difficulties and disorders in children
- ♦ Address common disorders such as bulimia and anorexia
- ♦ Delve into the nutrition of autistic, diabetic, oncological or bone disease children

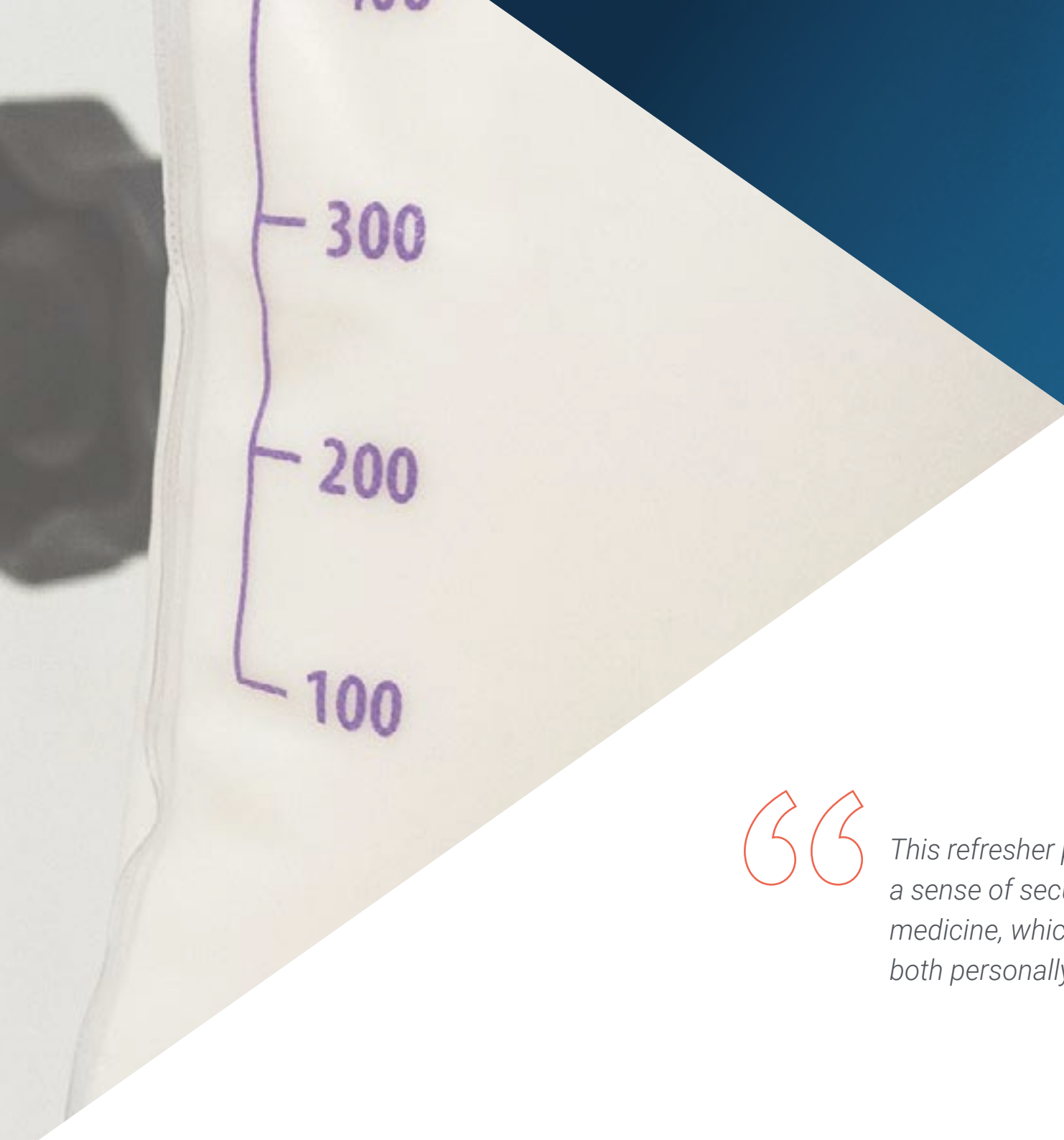


*The best program in the entire university sector to delve into the newest and most effective strategies for the prevention and treatment of childhood malnutrition"*

# 04 Skills

After passing the evaluations of the Hybrid Professional Master's Degree in Clinical Nutrition, the medical professional will have acquired the professional competencies necessary for quality medical care, and updated based on the latest scientific evidence.





100

200

300

200

100

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*This refresher program will generate a sense of security when practising medicine, which will help you grow both personally and professionally”*



## General Skills

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- ♦ Update the nutritionist's knowledge of new trends in human nutrition both in health and in pathological situations through evidence-based medicine
- ♦ Promote work strategies based on the practical knowledge of the new trends in nutrition and their application to adult and child pathologies, where these strategies play an essential role in treatment
- ♦ Encourage professional stimulation through continuing training and research
- ♦ Apply acquired knowledge and problem-solving skills in new or unfamiliar environments within broader (or multidisciplinary) contexts related to the field of study
- ♦ Integrate knowledge and face the complexity of making judgments based on incomplete or limited information, including reflections on the social and ethical responsibilities related to the application of their knowledge and judgments
- ♦ Know how to communicate conclusions, knowledge, and supporting arguments to specialized and non-specialized audiences in a clear and unambiguous way
- ♦ Acquire the learning skills that will enable further studying in a largely self-directed or autonomous manner
- ♦ Develop within the profession in terms of working with other health professionals, acquiring skills to work as a team
- ♦ Recognize the need to maintain your professional skills and keep them up to date with special emphasis on autonomous and continuous learning of new information
- ♦ Develop the capacity for critical analysis and research in your professional field







## Specific Skills

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- ♦ Provide comprehensive care to the person to solve, individually or as members of a multidisciplinary team, the health problems affecting the patient and his or her immediate future
  - ♦ Plan and deliver medical care for critically ill patients, their families and caregivers, based on quality standards
  - ♦ Establish effective communication with patients, families and groups served, as well as with the rest of the work team
  - ♦ Through your work within a multidisciplinary team, contribute to the process of organ and tissue donation
  - ♦ Safely and appropriately manage frequently used medications in the intensive care unit
  - ♦ Use with rigor and safety the means of diagnostic support characterized by their complex technology
  - ♦ Establish an effective therapeutic relationship with patients and their family members to be established. This will help them to cope more effectively with emergency situations
  - ♦ Manage scientific databases for carrying out reviews and bibliographic searches of scientific studies
  - ♦ Formulate, implement and evaluate standards, action guidelines and protocols specific to the practice of medicine in the intensive care unit
- ♦ Conduct a critical and in-depth study on a topic of scientific interest in the field of intensive care
  - ♦ Communicate the results of an investigation after having analyzed, evaluated, and synthesized the data
  - ♦ Manage healthcare resources with efficiency and quality criteria
  - ♦ Work as part of a team providing expert knowledge in the field of Critical Care
  - ♦ Educate users on health issues so that they acquire healthy lifestyles, in order to avoid situations that may compromise their health



*Enroll now and advance in your field of work with a comprehensive program that will allow you to put into practice everything you have learned”*

05

# Course Management

The teachers of this program have been carefully selected by TECH. These experts have put together an innovative and comprehensive agenda that brings together the latest intervention techniques and the most comprehensive technologies for the care of patients with adequate clinical nutrition needs. In addition, the program includes a second phase, in which the student will have a direct exchange with highly prestigious specialists in their natural working environment. With the help of all these professionals, the TECH graduate will be able to obtain competitive positions where they will distinguish themselves for their rigor in the diagnosis and therapeutic care of their patients.



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*TECH and its professors will provide you with access to a personalized academic guide according to your interests and teaching needs"*

## International Guest Director

Dr. Sumantra Ray is an internationally recognized specialist in **Nutrition** and his main areas of interest are **Nutrition Education in Health Systems** and **Cardiovascular Disease Prevention**. With his outstanding experience in this health field, he has served as a consultant on special assignment for the **Nutrition Management** of the **World Health Organization** Headquarters in Geneva. He has also worked as **Director of Research** in Food Security, Health and Society in the Faculty of Humanities and Social Sciences at the University of Cambridge.

For his constant commitment to the dissemination of **healthy eating habits**, he has received the **Josephine Lansdell Award** from the British Medical Association. Specifically, this recognition highlighted his contributions related to nutrition and **Cardiovascular Prevention**. Also, as an international expert, he has participated in a work program on **Food, Nutrition and Education** in India, led by the University of Cambridge and funded by the UK Global Challenges Research Fund.

Dr. Sumantra Ray's studies are worldwide references, focusing on **global food security**, as it is a fundamental aspect for the development of societies. In addition, he has demonstrated his leadership skills as a **Senior Clinical Scientist** at the **Medical Research Council**, focusing on **Nutrition and Vascular Health** studies. In this position, he directed an experimental medicine facility dedicated to Human **Nutrition** studies.

Throughout his career he has authored more than **200 scientific publications** and has written the **Oxford Handbook of Clinical and Health Research**, aimed at strengthening the basic research skills of health care workers around the world. In this sense, he has shared his scientific findings in numerous presentations and congresses, in which he has participated in different countries.



## Dr. Ray, Sumantra

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- ♦ Executive Director and Founder, NNEdPro Global Nutrition and Health Centre, Cambridge, UK
- ♦ Director of Research in Food Security, Health and Society in the Faculty of Humanities and Social Sciences, University of Cambridge
- ♦ Co-Founder and President of the BMJ Scientific Journal Nutrition, Prevention and Health
- ♦ Presidential Advisor at the School of Advanced Studies on Food and Nutrition, University of Parma
- ♦ Vice President of the Conference of Medical Academic Representatives of the BMA
- ♦ Consultant on special assignment for the Nutrition Directorate of the World Health Organization Headquarters in Geneva
- ♦ Honorary International Dean of the Cordia Colleges in India
- ♦ Senior Clinical Scientist with the Medical Research Council
- ♦ Bachelor's Degree in Medicine

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*



## Management



### Dr. María Eugenia Auni3n Lavarías

- Pharmacist Clinical Nutrition Expert
- Author of the reference book in the field of Clinical Nutrition, Dietary Management of Overweight in the Pharmacy Office (Panamerican Medical Editorial)
- Pharmacist with extensive experience in the public and private sector
- Pharmacist
- Assistant Pharmacist. Pharmacy Chain. British Health and Beauty Retailers Boots UK. Oxford Street Central London
- Bachelor's Degree in Food Science and Technology. University of Valencia
- Direction of the Dermocosmetic University Program. Pharmacy Office



“*The teachers of this program have put together an excellent syllabus that includes the most modern contents and strategies in Clinical Nutrition*”

# 06

## Educational Plan

This academic program is distinguished from others in the market by its in-depth curriculum. The latter has a large number of didactic modules in which a wide range of topics are examined. These include the use of phytochemicals and probiotics as new advances in nutrition. Also, the student will analyze trends of great current impact such as Nutrigenetics and Nutrigenimicry. In addition, it delves into the disorders that impede the correct absorption of nutrients in neonatal ages, infancy and adolescence. These theoretical contents are accompanied by audiovisual materials and interactive resources of great value for fast and flexible learning.



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*The theoretical phase of this program is not subject to pre-established schedules or timetables, so that each student can self-manage his or her progress on an individual basis”*

### Module 1. New Developments in Food

- 1.1. Molecular Foundations of Nutrition
- 1.2. Update on Food Composition
- 1.3. Food Composition Tables and Nutritional Databases
- 1.4. Phytochemicals and Non-Nutritive Compounds
- 1.5. New Food
  - 1.5.1. Functional Nutrients and Bioactive Compounds
  - 1.5.2. Probiotics, Prebiotics, and Synbiotics
  - 1.5.3. Quality and Design
- 1.6. Organic food
- 1.7. Transgenic Foods
- 1.8. Water as a Nutrient
- 1.9. Food Safety
  - 1.9.1. Physical, Chemical, and Microbiological Hazards
- 1.10. New labelling and consumer information BORRAR
- 1.11. Phytotherapy Applied to Nutritional Pathologies

### Module 2. Current Trends in Nutrition

- 2.1. Nutrigenetics
- 2.2. Nutrigenomics
  - 2.2.1. Fundamentals
  - 2.2.2. Methods
- 2.3. Immunonutrition
  - 2.3.1. Nutrition-Immunity Interactions
  - 2.3.2. Antioxidants and Immune Function
- 2.4. Physiological Regulation of Feeding. Appetite and Satiety
- 2.5. Nutrition and the Circadian System. Timing is the Key







### Module 3. Assessment of Nutritional Status and Diet. Practical Application

- 3.1. Bioenergy and Nutrition
  - 3.1.1. Energy Needs
  - 3.1.2. Methods of Assessing Energy Expenditure
- 3.2. Assessment of Nutritional Status
  - 3.2.1. Body Composition Analysis
  - 3.2.2. Clinical Diagnosis. Symptoms and Signs
  - 3.2.3. Biochemical, Hematological and Immunological Methods
- 3.3. Intake Assessment
  - 3.3.1. Methods for Analyzing Food and Nutrient Intake
  - 3.3.2. Direct and Indirect Methods
- 3.4. Update on Nutritional Requirements and Recommended Intakes
- 3.5. Nutrition in a Healthy Adult. Objectives and Guidelines. Mediterranean Diet
- 3.6. Nutrition in Menopause
- 3.7. Nutrition in the Elderly

### Module 4. Nutritional Consultation

- 4.1. How to Carry Out a Nutritional Consultation
  - 4.1.1. Analysis of the Market and Competition
  - 4.1.2. Clientele
  - 4.1.3. Marketing. Social media
- 4.2. Psychology and Nutrition
  - 4.2.1. Psychosocial Factors Affecting Eating Behavior
  - 4.2.2. Interview Techniques
  - 4.2.3. Dietary Advice
  - 4.2.4. Stress Control
  - 4.2.5. Child and Adult Nutrition Education

### Module 5. Sports Nutrition

- 5.1. Physiology of Exercise
- 5.2. Physiological Adaptation to Different Types of Exercise
- 5.3. Metabolic Adaptation to Exercise. Regulation and Control
- 5.4. Assessing Athletes' Energy Needs and Nutritional Status
- 5.5. Assessing Athletes' Physical Ability
- 5.6. Nutrition in the Different Phases of Sports Practice
  - 5.6.1. Pre-Competition
  - 5.6.2. During
  - 5.6.3. Post-Competition
- 5.7. Hydration
  - 5.7.1. Regulation and Needs
  - 5.7.2. Types of Beverages
- 5.8. Dietary Planning Adapted to Different Sports
- 5.9. Ergogenic Aids
  - 5.9.1. AMA Recommendations
- 5.10. Nutrition in Sports Injury Recovery
- 5.11. Psychological Disorders Related to Practising Sport
  - 5.11.1. Eating Disorders: Bigorexia, Orthorexia, Anorexia
  - 5.11.2. Fatigue Caused by Overtraining
  - 5.11.3. The Female Athlete Triad
- 5.12. The Role of the Coach in Sports Performance

### Module 6. Clinical Nutrition and Hospital Dietetics

- 6.1. Management of Hospital Nutrition Units
  - 6.1.1. Nutrition in the Hospital Setting
  - 6.1.2. Food Safety in Hospitals
  - 6.1.3. Hospital Kitchen Organization
  - 6.1.4. Planning and Managing Hospital Diets. Dietary Code
- 6.2. Hospital Basal Diets
  - 6.2.1. Basal Diet in Adults
  - 6.2.2. Pediatric Basal Diet
  - 6.2.3. Ovo-Lacto-Vegetarian and Vegan Diet
  - 6.2.4. Diet Adapted to Cultural
- 6.3. Therapeutic Hospital Diets
  - 6.3.1. Unification of Diets and Personalized Menus
- 6.4. Bidirectional Drug-Nutrient Interaction

### Module 7. Nutrition in Digestive System Pathologies

- 7.1. Nutrition in Oral Disorders
  - 7.1.1. Taste
  - 7.1.2. Salivation
  - 7.1.3. Mucositis
- 7.2. Nutrition in Esophageal and Gastric Disorders
  - 7.2.1. Gastroesophageal Reflux
  - 7.2.2. Gastric Ulcers
  - 7.2.3. Dysphagia
- 7.3. Nutrition in Post-Surgical Syndromes
  - 7.3.1. Gastric Surgery
  - 7.3.2. Small Intestine
- 7.4. Nutrition in Bowel Function Disorders
  - 7.4.1. Constipation
  - 7.4.2. Diarrhea
- 7.5. Nutrition in Malabsorption Syndromes

- 7.6. Nutrition in Colonic Pathology
  - 7.6.1. Irritable Bowel
  - 7.6.2. Diverticulosis
- 7.7. Nutrition in Inflammatory Bowel Disease (IBD)
- 7.8. Most Frequent Food Allergies and Intolerances with Gastrointestinal Effects
- 7.9. Nutrition in Liver Diseases
  - 7.9.1. Portal Hypertension
  - 7.9.2. Hepatic Encephalopathy
  - 7.9.3. Liver Transplant
- 7.10. Nutrition in Biliary Diseases. Biliary Lithiasis
- 7.11. Nutrition in Pancreatic Diseases
  - 7.11.1. Acute Pancreatitis
  - 7.11.2. Chronic Pancreatitis

## Module 8. Nutrition in Endocrine and Metabolic Diseases

- 8.1. Dyslipidemia and Arteriosclerosis
- 8.2. Diabetes Mellitus
- 8.3. Hypertension and Cardiovascular Disease
- 8.4. Obesity
  - 8.4.1. Etiology, Nutrigenetics and Nutrigenomics
  - 8.4.2. Pathophysiology of Obesity
  - 8.4.3. Diagnosis of the Disease and its Comorbidities
  - 8.4.4. Multidisciplinary Team in Obesity Treatment
  - 8.4.5. Dietary Treatment. Therapeutic Possibilities
  - 8.4.6. Pharmacological Treatment. New Drugs
  - 8.4.7. Psychological Treatment
    - 8.4.7.1. Intervention Models
    - 8.4.7.2. Treatment of Associated Eating Disorders

- 8.4.8. Surgical Treatments
  - 8.4.8.1. Indications
  - 8.4.8.2. Techniques
  - 8.4.8.3. Complications
  - 8.4.8.4. Dietary Management
  - 8.4.8.5. Metabolic Surgery
- 8.4.9. Endoscopic Treatments
  - 8.4.9.1. Indications
  - 8.4.9.2. Techniques
  - 8.4.9.3. Complications
  - 8.4.9.4. Patient Dietary Management
- 8.4.10. Physical Activity in Obesity
  - 8.4.10.1. Assessment of the Patient's Functional Capacity and Activity
  - 8.4.10.2. Activity-based Prevention Strategies
  - 8.4.10.3. Intervention in the Treatment of the Disease and Associated Pathologies
- 8.4.11. Update on Diet and Obesity Studies
- 8.4.12. International Intervention Strategies for Obesity Control and Prevention

## Module 9. Nutrition in Kidney Diseases

- 9.1. Glomerular Disorders and Tubulopathies
- 9.2. Predialysis Chronic Renal Failure
- 9.3. Chronic Renal Failure and Dialysis
- 9.4. Gout and Hyperuricemia

## Module 10. Nutrition in Neurological Diseases

- 10.1. Swallowing Disorders
- 10.2. Disabling Neuromuscular Disorders
- 10.3. Stroke
- 10.4. Parkinson's Disease
- 10.5. Alzheimer's Disease

### Module 11. Nutrition in Special Situations

- 11.1. Nutrition in Metabolic Stress Situations
  - 11.1.1. Sepsis
  - 11.1.2. Polytrauma
  - 11.1.3. Burns
  - 11.1.4. Transplant Recipient
- 11.2. Oncology Patient Nutrition
  - 11.2.1. Surgical Management
  - 11.2.2. Chemotherapy Treatment
  - 11.2.3. Radiotherapy Treatment
  - 11.2.4. Bone Marrow Transplant
- 11.3. Immune Diseases
  - 11.3.1. Acquired Immunodeficiency Syndrome

### Module 12. Nutrition in Deficiency Diseases

- 12.1. Malnutrition
  - 12.1.1. Hospital Malnutrition
  - 12.1.2. The Fasting and Refeeding Cycle
- 12.2. Anaemia. Hemochromatosis
- 12.3. Vitamin Deficiencies
- 12.4. Osteoporosis
- 12.5. Oral Disease and its Relation to Diet

### Module 13. Artificial Nutrition in Adults

- 13.1. Enteral Nutrition
- 13.2. Parenteral Nutrition
- 13.3. Artificial Nutrition at Home
- 13.4. Adapted Oral Nutrition

### Module 14. Physiology of Infant Nutrition

- 14.1. Influence of Nutrition on Growth and Development
- 14.2. Nutritional Requirements in the Different Periods of Childhood
- 14.3. Nutritional Assessment in Children
- 14.4. Physical Activity Evaluation and Recommendations
- 14.5. Nutrition During Pregnancy and its Impact on the New-born
- 14.6. Current Trends in the Premature New-born Nutrition
- 14.7. Nutrition in Lactating Women and its Impact on the Infant
- 14.8. Nutrition of Newborns with Intrauterine Growth Delay Implications on Metabolic Diseases
- 14.9. Breastfeeding
  - 14.9.1. Human Milk as a Functional Food
  - 14.9.2. Process of Milk Synthesis and Secretion
  - 14.9.3. Reasons for it to be Encouraged
- 14.10. Human Milk Banks
  - 14.10.1. Milk Bank Operation and Indications
- 14.11. Concept and Characteristics of the Formulae Used in Infant Feeding
- 14.12. The Move to a Diversified Diet. Complementary Feeding During the First Year of Life
- 14.13. Feeding 1–3-Year-Old Children
- 14.14. Feeding During the Stable Growth Phase. Schoolchild Nutrition
- 14.15. Adolescent Nutrition. Nutritional Risk Factors
- 14.16. Child and Adolescent Athlete Nutrition
- 14.17. Other Dietary Patterns for Children and Adolescents. Cultural, Social, and Religious Influences on Infant Nutrition
- 14.18. Prevention of Childhood Nutritional Diseases. Objectives and Guidelines

## Module 15. Artificial Nutrition in Pediatrics

- 15.1. Concept of Nutritional Therapy
  - 15.1.1. Evaluation of Patients in Need of Nutritional Support
  - 15.1.2. Indications
- 15.2. General Information about Enteral and Parenteral Nutrition
- 15.3. Dietary Products Used for Sick Children or Children with Special Needs
- 15.4. Implementing and Monitoring Patients with Nutritional Support
  - 15.4.1. Critical Patients
  - 15.4.2. Patients with Neurological Pathologies
- 15.5. Artificial Nutrition at Home
- 15.6. Nutritional Supplements to Support the Conventional Diet
- 15.7. Probiotics and Prebiotics in Infant Feeding

## Module 16. Infant Malnutrition

- 16.1. Childhood Malnutrition and Undernutrition
  - 16.1.1. Psychosocial Aspects
  - 16.1.2. Pediatric Assessment
  - 16.1.3. Treatment and Monitoring
- 16.2. Nutritional Anemias
  - 16.2.1. Other Nutritional Anemias in Childhood
- 16.3. Vitamin and Trace Element Deficiencies
  - 16.3.1. Vitamins
  - 16.3.2. Trace Elements
  - 16.3.3. Detection and Treatment
- 16.4. Fats in Infant Diets
  - 16.4.1. Essential Fatty Acids
- 16.5. Childhood Obesity
  - 16.5.1. Prevention
  - 16.5.2. Impact of Childhood Obesity
  - 16.5.3. Nutritional Treatment

## Module 17. Childhood Nutrition and Pathologies

- 17.1. Nutrition of Children with Oral Pathologies
- 17.2. Nutrition in Acute Diarrhea Situation
- 17.3. Nutrition of Infants and Children with Gastroesophageal Reflux
- 17.4. Nutrition in Children with Celiac Disease
- 17.5. Nutrition in Children with Inflammatory Bowel Disease
- 17.6. Nutrition in Children with Digestive Malabsorption Syndrome
- 17.7. Nutrition in Children with Constipation
- 17.8. Nutrition in Children with Liver Disease
- 17.9. Feeding Difficulties and Disorders in Children
  - 17.9.1. Physiological Aspects
  - 17.9.2. Psychological Aspects
- 17.10. Eating Disorders
  - 17.10.1. Anorexia
  - 17.10.2. Bulimia
  - 17.10.3. Others
- 17.11. Inborn Errors of Metabolism
  - 17.11.1. Principles for Dietary Treatment
- 17.12. Nutrition in Dyslipidemias
- 17.13. Nutrition in Diabetic Children
- 17.14. Nutrition in Autistic Children
- 17.15. Nutrition in Children with Cancer
- 17.16. Nutrition in Children with Chronic Pulmonary Pathology
- 17.17. Nutrition in Children with Nephropathy
- 17.18. Nutrition in Children with Food Allergies and/or Intolerances
- 17.19. Childhood and Bone Pathology Nutrition



07

# Clinical Internship

After passing the online academic period, the program includes a period of practical training in a reference clinical center. The student will have at their disposal the support of a tutor who will accompany them during the whole process, both in the preparation and in the development of the clinical practice.





“

*Do your clinical internship in one of the best hospital centers, surrounded by professionals committed to keep you updated Nutritional”*

The Internship Program's Internship Program consists of a practical stay in a prestigious center, lasting 3 weeks, from Monday to Friday with 8 consecutive hours of work with an associate specialist. This stay will allow the specialist to see real patients alongside a team of reference professionals in the area of Clinical Nutrition, applying the most innovative diagnostic procedures and planning the latest generation of therapy for each pathology.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare care in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

It is undoubtedly an opportunity to learn by working in the innovative hospital of the future where real-time health monitoring of patients is at the heart of the digital culture of its professionals. This is a new way of understanding and integrating health processes, making it the ideal scenario for this innovative experience in the improvement of professional medical competencies for the 21st century.

The practical teaching will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of the professors and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for medicine Diseases Clinical Analysis Care Medicine(learning to be and learning to relate).







The procedures described below will form the basis of the practical part of the training, and their completion is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:

Module	Practical Activity
<b>New advances and trends in Nutrition and Dietetics</b>	Make food composition tables according to nutritional data
	Incorporating transgenic foods into contemporary dietary approaches
	Apply patient analysis techniques based on Nutrigenetics and Nutrigenomics
<b>Clinical Nutrition and Hospital Dietetics</b>	Manage and anticipate complications of bidirectional drug-nutrient interactions
	Assessing the nutritional status of inpatients and prescribing appropriate diets
	Perform diagnostic and nutritional evaluations in esophagogastric disorders
	Applying the DASH diet and prescribing it as a treatment for cardiovascular disease
	Identify obesity, and determine its dietary or surgical treatment
	Plan the basal diet with optional menus, in collaboration with the catering service
<b>Nutritional consultation methodologies</b>	Follow-up of patients with diet therapy
	Addressing physiological adaptation to different types of physical exercise
	Training modern guidelines on Hydration in sports practice
	Periodically examine the basis of physiological regulation of food, appetite and satiety
<b>Nutrition and dietary pathologies in childhood</b>	Explore nutritional requirements in situations of metabolic stress
	Calculate child and adolescent athlete dietary needs and risks
	Perform Nutrition during pregnancy and its impact on the newborn
	Handle dietary products used in sick or special needs children
	Recognize the etiology, repercussions and treatment of childhood obesity
Manage the nutritional support of the oncological child in different phases of the disease and other chronic pathologies	

## Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this educational entity undertakes to take out civil liability insurance to cover any eventuality that may arise during the stay at the internship center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. In this way, the professional will not have to worry in case he/she has to face an unexpected situation and will be covered until the end of the practical program at the center.





## General Conditions of the Internship Program

The general terms and conditions of the internship program agreement shall be as follows:

**1. TUTOR:** During the Hybrid Professional Master's Degree, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Hybrid Professional Master's Degree, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Hybrid Professional Master's Degree will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Hybrid Professional Master's Degree shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Hybrid Professional Master's Degree. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Hybrid Professional Master's Degree will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 08

## Where Can I Do the Clinical Internship?

The internships provided by this Hybrid Professional Master's Degree will take place in a prestigious center in the area of Clinical Nutrition. In it, the professional will be able to work in a real scenario, putting into practice the new procedures acquired throughout the theoretical phase of this program. In this way, you will have access to real patients, while being accompanied by leading specialists from the hospital itself, who will guide you throughout the 3 weeks of intensive practice.







“

*TECH puts at your disposal the most prestigious centers so that you can put into practice, in 100% real scenarios, the latest techniques in Clinical Nutrition"*



The student will be able to take the practical part of this Hybrid Professional Master's Degree in the following centers:



Medicine.

### Centro Médico Villanueva de la Cañada

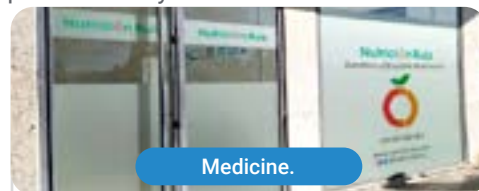
Country	City
Spain	Madrid

Address: C. Arquitecto Juan de Herrera, 2, 28691 Villanueva de la Cañada, Madrid

Medical center with services in the main clinical specialties and diagnostic tests.

**Related internship programs:**

- Clinical Nutrition in Pediatrics
- Primary Care Clinical Ultrasound



Medicine.

### Nutrición Ruiz

Country	City
Spain	Madrid

Address: Av. de Moratalaz 103, 28030 Madrid, España

Clinical center for dietetics and nutritional planning

**Related internship programs:**

- Clinical Nutrition in Medicine
- Clinical Nutrition in Nursing



Medicine.

### Instituto de Obesidad (IOB)

Country	City
Spain	Madrid

Address: Calle Apolonio Morales 4 Bis, Esquina Menéndez Pidal, 28036 Madrid

Clinic specialized in surgical and counseling assistance to obese patients.

**Related internship programs:**

- Diet Therapy
- Update on Bariatric Surgery



Medicine.

### Hospital HM Regla

Country	City
Spain	León

Address: Calle Cardenal Landáuzuri, 2, 24003, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Update on Psychiatric Treatment in Minor Patients



Medicine.

### Hospital HM Nou Delfos

Country	City
Spain	Barcelona

Address: Avinguda de Vallcarca, 151, 08023 Barcelona

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Aesthetic Medicine
- Clinical Nutrition



Medicine.

### Hospital HM Sanchinarro

Country	City
Spain	Madrid

Address: Calle de Oña, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Medicine.

### Hospital HM Nuevo Belén

Country	City
Spain	Madrid

Address: Calle José Silva, 7, 28043, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- General and Digestive System Surgery
- Clinical Nutrition



Medicine.

### Policlínico HM Distrito Telefónica

Country	City
Spain	Madrid

Address: Ronda de la Comunicación, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Optical Technologies and Clinical Optometry
- General and Digestive System Surgery



Medicine.

### Policlínico HM Gabinete Velázquez

Country	City
Spain	Madrid

Address: C. de Jorge Juan, 19, 1° 28001, 28001, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Clinical Nutrition
- Aesthetic Plastic Surgery



Medicine.

### Policlínico HM Las Tablas

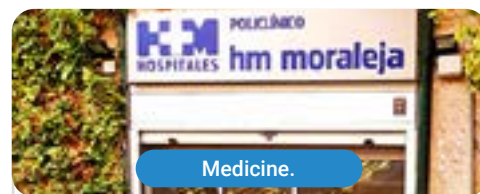
Country	City
Spain	Madrid

Address: C. de la Sierra de Atapuerca, 5, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Trauma Nursing
- Diagnosis in Physiotherapy



Medicine.

### Policlínico HM Moraleja

Country	City
Spain	Madrid

Address: P.º de Alcobendas, 10, 28109, Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Rehabilitation Medicine in Acquired Brain Injury Management



Medicine.

### Policlínico HM Sanchinarro

Country	City
Spain	Madrid

Address: Av. de Manoteras, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Gynecological Care for Midwives
- Nursing in the Digestive Tract Department



Medicine.

### Clínica Famed Coslada

Country	City
Spain	Madrid

Address: Calle de los almendros, 3, 28821, Coslada, Madrid

Center specialized in Aesthetic Medicine, Dentistry, Physiotherapy and Podiatry.

**Related internship programs:**

- Advanced Integrative Medicine and Health
- Aesthetic Medicine



Medicine.

### Varicentro-Granada

Country	City
Spain	Granada

Address: Calle Ariabal, 32 18004 Granada

Varicentro is a specialized medical group with 23 clinics in Spain.

**Related internship programs:**

- Obesity
- Clinical Nutrition



Medicine.

### Varicentro-Jerez de la Frontera

Country	City
Spain	Cádiz

Address: Plaza Madre de Dios, Edificio Sherry 11401 Jerez de la Frontera

Varicentro is a specialized medical group with 23 clinics in Spain.

**Related internship programs:**

- Obesity
- Aesthetic Medicine



Medicine.

### Varicentro-Cádiz

Country	City
Spain	Cádiz

Address: Avda. Andalucía, 16 11008 Cádiz

Varicentro is a specialized medical group with 23 clinics in Spain.

**Related internship programs:**

- Obesity
- Clinical Nutrition





Medicine.

### Varicentro-Algeciras

Country	City
Spain	Cadiz

Address: Calle Fuerte de Santiago, 5,  
11201 Algeciras

Varicentro is a specialized medical group with 23 clinics  
in Spain.

**Related internship programs:**  
Clinical Nutrition  
Obesity



Medicine.

### Varicentro-Córdoba

Country	City
Spain	Cordoba

Address: Avda. del Brillante, 91  
14012 Córdoba

Varicentro is a specialized medical group with 23 clinics  
in Spain.

**Related internship programs:**  
Obesity  
Clinical Nutrition



Medicine.

### Varicentro-Ciudad Real

Country	City
Spain	Ciudad Real.

Address: Calle Juan II, 5 13001 Ciudad Real

Varicentro is a specialized medical group with 23 clinics  
in Spain.

**Related internship programs:**  
- Clinical Nutrition in Medicine  
Obesity



Medicine.

### Varicentro-Donostia-San Sebastián

Country	City
Spain	Gipuzkoa.

Address: Paseo de Colón, 13 20002  
Donostia-San Sebastián

Varicentro is a specialized medical group with 23 clinics  
in Spain.

**Related internship programs:**  
Clinical- for Nursing  
Obesity





Medicine.

### Varicentro-Bilbao

Country	City
Spain	Vizcaya

Address: Calle Pérez Galdós 48010 Bilbao

Varicentro is a specialized medical group with 23 clinics in Spain.

**Related internship programs:**

- Clinical Nutrition for Nursing
- Clinical Nutrition



Medicine.

### Varicentro-Vitoria-Gasteiz

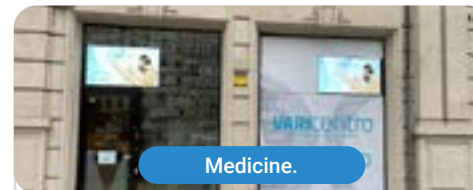
Country	City
Spain	Álava

Address: La Esperanza Kalea, Local comercial 2 01002 Vitoria-Gasteiz

Varicentro is a specialized medical group with 23 clinics in Spain.

**Related internship programs:**

- Obesity
- Clinical Nutrition for Nursing



Medicine.

### Varicentro-Barcelona

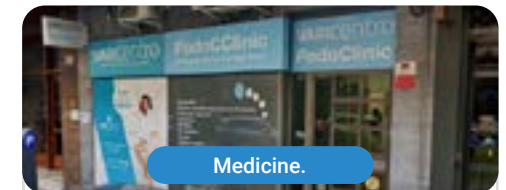
Country	City
Spain	Barcelona

Address: Calle de Casanova, 103 08011 Barcelona

Varicentro is a specialized medical group with 23 clinics in Spain.

**Related internship programs:**

- Clinical Nutrition for Nursing
- Obesity



Medicine.

### Varicentro-Cáceres

Country	City
Spain	Cáceres

Address: Calle Profesor Rodríguez Moñino, 2 10002 Cáceres

Varicentro is a specialized medical group with 23 clinics in Spain.

**Related internship programs:**

- Clinical Nutrition for Nursing
- Obesity





Medicine.

### Varicentro-Badajoz

Country	City
Spain	Badajoz

Address: Avda. Sinfiriano Madroñero, 22  
06011 Badajoz

Varicentro is a specialized medical group with 23 clinics in Spain.

**Related internship programs:**  
Obesity  
Clinical Nutrition



Medicine.

### Varicentro-Huelva

Country	City
Spain	Barcelona

Address: Calle Puerto, 8-10 21001 Huelva

Varicentro is a specialized medical group with 23 clinics in Spain.

**Related internship programs:**  
Esthetic Nursing  
Obesity



Medicine.

### Varicentro-Málaga

Country	City
Spain	Malaga

Address: Calle Fernando Camino,  
14 29016 Málaga

Varicentro is a specialized medical group with 23 clinics in Spain.

**Related internship programs:**  
Obesity  
- Clinical Nutrition for Nursing



Medicine.

### Varicentro-Sevilla-Nervión

Country	City
Spain	Seville

Address: Avda. Kansas City, 32 41007 Sevilla

Varicentro is a specialized medical group with 23 clinics in Spain.

**Related internship programs:**  
- Clinical Nutrition for Nursing  
Esthetic Nursing



Medicine.

### Varicentro-Sevilla-El Viso del Alcor

Country	City
Spain	Seville

Address: Plaza del Granadillo, S/N  
(Junto a deportes Maracaná) 41520  
El Viso del Alcor, Sevilla

Varicentro is a specialized medical group with 23 clinics in Spain.

**Related internship programs:**  
Clinical Nutrition  
Obesity



Medicine.

### Varicentro-Madrid centro

Country	City
Spain	Madrid

Address: Calle Don Ramón de la Cruz, 79,  
local 4 (esq. Calle Conde Peñalver)  
28001 Madrid

Varicentro is a specialized medical group with 23 clinics in Spain.

**Related internship programs:**  
- Clinical Nutrition for Nursing  
- Aesthetic Medicine



Medicine.

### Varicentro-Madrid-Collado Villalba

Country	City
Spain	Madrid

Address: Calle Madroños, 2, 28400  
Collado Villalba, Madrid

Varicentro is a specialized medical group with 23 clinics in Spain.

**Related internship programs:**  
- Clinical Nutrition in Medicine  
Obesity



Medicine.

### Varicentro-Madrid-Leganés

Country	City
Spain	Madrid

Address: Calle Butarque, 12, 28911  
Leganés, Madrid

Varicentro is a specialized medical group with 23 clinics in Spain.

**Related internship programs:**  
Clinical Nutrition  
Obesity



Medicine.

### Varicentro-Madrid-Móstoles

Country	City
Spain	Madrid

Address: Avda. Dos de Mayo, 35, 28934 Móstoles, Madrid

Varicentro is a specialized medical group with 23 clinics in Spain.

**Related internship programs:**  
Clinical Nutrition  
Obesity



Medicine.

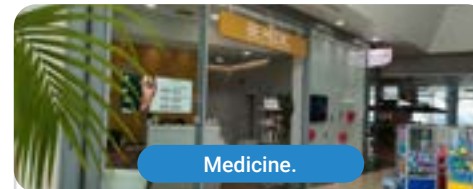
### Varicentro-Zaragoza

Country	City
Spain	Zaragoza

Address: Avda. Francisco de Goya 50006 Zaragoza

Varicentro is a specialized medical group with 23 clinics in Spain.

**Related internship programs:**  
Clinical Nutrition  
Obesity



Medicine.

### Be Medic

Country	City
Spain	Madrid

Address: C/Marie Curie, 4 Planta Superior Starbucks y Vips, 28521 Rivas-Vaciamadrid, Madrid

At Be Medic we perform face and body procedures focused on rejuvenation, reduction of imperfections or targeted fat reduction.

**Related internship programs:**  
- Aesthetic Plastic Surgery  
- Reconstructive Plastic Surgery



Medicine.

### Dorsia Getafe

Country	City
Spain	Madrid

Address: C. Madrid, 107, 28902 Getafe, Madrid

The Dorsia Getafe clinic has the best team of specialists in the field.

**Related internship programs:**  
- General Health Psychology  
Clinical Nutrition





Medicine.

### Madre Teresa Centro de Rehabilitación

Country	City
Argentina	Buenos Aires

Address: Bartolomé Mitre 2450, Avellaneda, Buenos Aires, Argentina

Multidisciplinary Rehabilitation Center specialized in physical and occupational recovery.

**Related internship programs:**

- Clinical Nutrition in Medicine
- Geriatric Physiotherapy



Medicine.

### Grupo Gamma

Country	City
Argentina	Santa Fe

Address: Entre Ríos 330, Rosario, Santa Fe

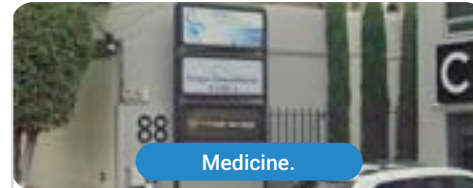
Polyclinic specialized in various medical specialties

**Related internship programs:**

- Update in Anesthesiology and Resuscitation
- Gynecologic Oncology







Medicine.

### Santé Clinic Querétaro

Country	City
Mexico	Querétaro de Arteaga

Address: Circuito Álamos #88 PA-B col Álamos  
2da sección Querétaro, Qro, CP 76160

Clinical center specialized in physical therapy  
and recovery

**Related internship programs:**

- Aesthetic Medicine
- Sports Physiotherapy



Medicine.

### Nutriperformance

Country	City
Mexico	Mexico City

Address: Av. Toluca 585-Local 6,  
Olivar de los Padres, Álvaro Obregón, 01780  
Ciudad de México, CDMX

Team of specialist nutritionists with extensive experience in  
a wide range of sports fields

**Related internship programs:**

- Sports Nutrition for Physiotherapists
- Sports Nutrition

09

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





“

*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

“

*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.





## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.





# 10 Certificate

This Hybrid Professional Master's Degree in Clinical Nutrition guarantees students, in addition to the most rigorous and up-to-date education, access to a Hybrid Professional Master's Degree diploma issued by TECH Technological University.





“

*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Hybrid Professional Master's Degree in Clinical Nutrition** contains the most complete and up-to-date program on the professional and educational field.

After the student has passed the assessments, they will receive their corresponding Hybrid Professional Master's Degree diploma issued by TECH Technological University via tracked delivery\*.

In addition to the diploma, students will be able to obtain an academic transcript, as well as a certificate outlining the contents of the program. In order to do so, students should contact their academic advisor, who will provide them with all the necessary information.

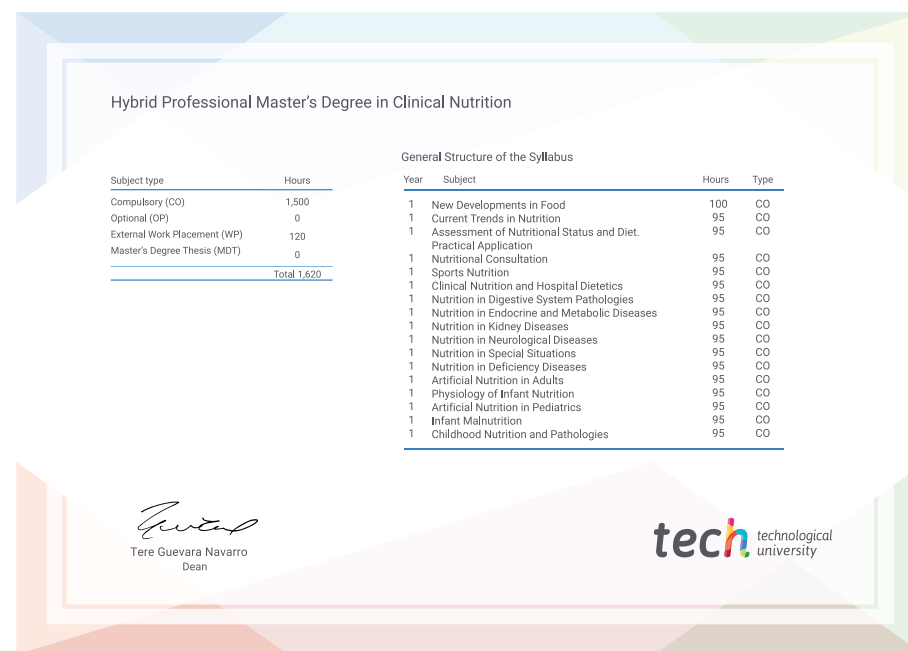
Program: **Hybrid Professional Master's Degree in Clinical Nutrition**

Modality: **Hybrid (Online + Clinical Internship)**

Duration: **12 months**

Certificate: **TECH Technological University**

Teaching Hours: **1,620 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present quality

development languages

virtual classroom

**tech** technological  
university

**Hybrid Professional Master's  
Degree**

Clinical Nutrition

Modality: Hybrid (Online + Clinical Internship)

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# Hybrid Professional Master's Degree

## Clinical Nutrition

