

# Postgraduate Certificate

## Nutrition in Childhood and Adolescence





## Postgraduate Certificate Nutrition in Childhood and Adolescence

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/in/medicine/postgraduate-certificate/nutrition-childhood-adolescence](http://www.techtitute.com/in/medicine/postgraduate-certificate/nutrition-childhood-adolescence)

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# 01

# Introduction

One of the most serious problems of this 21st century is obesity in the child population. Although adequate nutrition in the early stages of the child's life is of vital importance for proper development, it is increasingly common to find infants with this problem that not only affects their physical health, but also mental. This 100% online course offers the medical professional updated knowledge through a specialized teaching team that will delve into the prevention and management of this problem, other eating disorders and nutritional adaptation. A teaching with quality content and leading the academic field.





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*A 100% online program with a theoretical-practical approach that allows you to renew your knowledge in nutrition at key stages for human development”*



This Postgraduate Certificate is aimed at medical professionals who wish to update their knowledge in the field of nutrition, especially in the infant-juvenile stage. The current problem with obesity in this population makes it necessary to constantly renew the clinical knowledge around the scientific advances that are developed for its comprehensive approach.

This program, taught in a completely online mode, leads students to delve into not only the pathophysiological aspects, but also the nutritional adaptations that must be carried out associated with the growth stage. Also, the teaching team with extensive experience in the field of Nutrition will contribute the latest advances in the management of eating disorders in children and adolescents, giving special relevance to nutrition in special situations such as people with food allergies or suffering from diabetes and dyslipidemia.

A program that delves into the factors that influence obesity with a multidisciplinary approach to show the medical professional the main innovations in the management of these situations in routine clinical practice.

An excellent opportunity offered by TECH facilitates the medical professional who seeks the renewal of knowledge in a simple and agile way. With this online qualification you can access all multimedia content from the first day, download it to view it at any time from any device with internet connection. All this will allow you to update your knowledge in this field of nutrition while reconciling your professional and personal responsibilities.

This **Postgraduate Certificate in Nutrition in Childhood and Adolescence** contains the most complete and up-to-date scientific program on the market. The most important features include

- ♦ The development of practical cases presented by experts in Nutrition and Endocrinology
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ 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



*Delve into the latest developments in food education focused on the youth population”*

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*A 100% online degree that will allow you to renew your knowledge in celiac diseases”*

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn 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 during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Update your knowledge of genetic syndromes associated with nutritional alteration.*

*Access recent studies that address effective plans to address obesity in children and adolescents.*



# 02 Objectives

This course, aimed at medical professionals, aims to update students in the area of nutrition in the infant-juvenile stage, a crucial moment for the proper development of the human being. A renewal of knowledge in which, for six weeks, students will delve into advances in pediatric nutrition, in patients with celiac disease and other allergies increasingly frequent, as well as advances in the specific therapeutic approach to eating disorders and genetic syndromes associated with nutritional alteration. The simulations of practical cases provided by the teaching team will be very useful in your daily clinical practice.





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*The real cases provided by the team of experts of this Postgraduate Certificate will be of great practical application in adolescent and infant patients”*



## General Objectives

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- Broaden knowledge and incorporate advanced and innovative knowledge in food and nutrition in the daily clinical practice of the Dietitian-Nutritionist
- Revise the fundamental aspects of healthy eating, with a current approach aimed at risk prevention
- Delve into the correct management of daily nutrition
- Examine the most common syndromes and symptoms related to nutritional problems



*This Postgraduate Certificate will allow the professional to be aware of the latest developments in treatments applied to reduce obesity in minors”*





## Specific Objectives

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- Update knowledge on childhood and adolescent overweight and obesity, epigenetic factors and advances in multidisciplinary management and treatment with special focus on the nutritional approach
- Broaden the specific therapeutic approach to eating disorders and genetic syndromes associated with nutritional alterations
- Study new evidence on feeding models in pediatrics and adolescent medicine. Useful tools for consultation
- Approach nutrition adapted to pediatric pathology

03

# Course Management

TECH maintains a philosophy of offering quality education to all students in all their degrees. Based on this commitment they have selected a teaching staff with extensive and active experience in the area of nutrition. This will allow the medical professional to be aware of the latest treatments currently used in pediatric feeding and adolescence. All this to reduce the problem of obesity that increasingly affects millions of minors worldwide.







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*An expert team in Nutrition will provide you with the most used techniques currently in nutritional management in the children's population”*



## Management



### Dr. Vázquez Martínez, Clotilde

- Corporate Head in the University Hospital Endocrinology and Nutrition Departments, Fundación Jiménez Díaz
- Head of the Endocrinology and Nutrition Service at Ramón y Cajal University Hospital
- Head of the Endocrinology and Nutrition Service at Severo Ochoa University Hospital
- President of The Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid SENDIMAD ()
- Coordinator Therapeutic Education Group Group of the Spanish Society of Diabetes
- Doctor of the Faculty of Medicine of the Autonomous University of Madrid
- Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia
- Specialist in Endocrinology and Nutrition via Medical Residency by the University Hospital Fundación Jimenez Díaz
- Abraham García Almansa Clinical Nutrition Lifetime Achievement Award
- Recognized among the 100 best Doctors in Spain according to Forbes list
- Castilla - La Mancha Diabetes Foundation (FUCAMDI) Diabetes and Nutrition Lifetime Achievement Award



### **Dr. Sánchez Jiménez, Álvaro**

- ♦ Specialist in Nutrition and Endocrinology at Jiménez Díaz Foundation University Hospital
- ♦ Nutritionist at Medicadiet
- ♦ Clinical Nutritionist specialized in Prevention and Treatment of Obesity, Diabetes and their Comorbidities
- ♦ Nutritionist in the Predimed Plus Study
- ♦ Nutritionist at Eroski
- ♦ Nutritionist at Axis Clinic
- ♦ Professor of the Master's Degree in Obesity and Comorbidities at the Rey Juan Carlos University
- ♦ Professor at the Course of Excellence in Obesity at the University Hospital Fundación Jimenez Díaz
- ♦ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- ♦ Nutrition and Food for the Elderly by the Complutense University of Madrid
- ♦ Nutrition and Sports for Professionals by the Fundación Tripartita
- ♦ Refresher Course on Practical Diabetes Type 1 and 2 for Health Professionals



### Dr. Montoya Álvarez, Teresa

- ♦ Head of the Endocrinology and Nutrition Service of the Infanta Elena University Hospital
- ♦ Head of Volunteering at the Garrigou Foundation
- ♦ Graduate in Medicine and Surgery from Universidad de Navarra
- ♦ Master's Degree in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ♦ Course in Bariatric Antecedents of Surgery Patient Emergencies: Key References for the Attending Physician
- ♦ Member of: Institute for Health Research Foundation Jiménez Díaz, Health Commission of FEAPS Madrid and Trisomy 21 Research Society

## Professors

### Ms. Labeira Candel, Paula

- ♦ Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- ♦ Sports and clinical nutritionist at the Clinical Institute of Overweight and Obesity
- ♦ Nutritionist Sports and Clinical at Medicadiet, Slimming & Nutrition
- ♦ Sports Nutritionist at the CF TrivalValderas de Alcorcón
- ♦ Food and water quality analyst in the Andalusian Health Service
- ♦ Diploma in Human Nutrition and Dietetics at the Pablo Olavide University of Seville
- ♦ Bachelor's Degree in Food Science and Technology
- ♦ Diploma in Human Nutrition and Dietetics
- ♦ Master's Degree in Sports Training and Nutrition at the European University of Madrid

### Dr. Núñez Sanz, Ana

- ♦ Dietician and nutritionist, expert in pregnancy, breastfeeding and infancy
- ♦ López-Nava Obesity Nutritionist
- ♦ Nutritionist at Medicadiet
- ♦ Freelance Dietitian and nutritionist
- ♦ Dietitian and nutritionist at Menudiet SL
- ♦ Contributor on food and nutrition in Castilla La Mancha Television
- ♦ Promoter of talks and workshops on healthy eating for kindergartens, schools and companies
- ♦ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ♦ Master's Degree in Nutrition and Health at the Open Official of Catalonia

**Dr. Prieto Moreno, Ana**

- ♦ Nutritionist in the Department of Endocrinology and Nutrition at University Hospital Fundación Jiménez
- ♦ Nutritionist at the General Hospital of Villalba
- ♦ Nutritionist at the Infanta Elena University Hospital
- ♦ Nutritionist in the Superior Sports Council
- ♦ Nutritionist at the WWF
- ♦ Nutritionist at Medicadiet
- ♦ Nutritionist at anitas Sociedad Anónima de Seguros
- ♦ Nutritionist at La Paz University Hospital
- ♦ Nutritionist at Fundación Mapfre
- ♦ Nutritionist at Copernal Publishing
- ♦ Nutritionist at Revista Diabetes
- ♦ Master's Degree in Obesity and its Comorbidities, Prevention Strategies, Diagnosis and Integral Treatment at the University of Alcalá
- ♦ Master's Degree in Physical Anthropology, Human Evolution and Biodiversity at the Complutense University of Madrid
- ♦ Degree in Human Nutrition and Dietetics at the Autonomous University of Madrid

**Dr. Fernández Menéndez, Amanda**

- ♦ Doctor Specialist in Pediatric Endocrinology and Nutrition at the University Hospital Fundación Jimenez Diaz
- ♦ Specialist in Pediatrics, Centro de Salud Doctor Castroviejo( SERMAS)
- ♦ Attending physician specializing in Pediatric Endocrinology and Nutrition at La Paz University Hospital
- ♦ International Cooperation in Health and Development in India (development of health projects in the field)
- ♦ Degree in Medicine and Surgery from the Autonomous University of Madrid
- ♦ Master's Degree in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ♦ Expert in Clinical Bioethics from the Complutense University

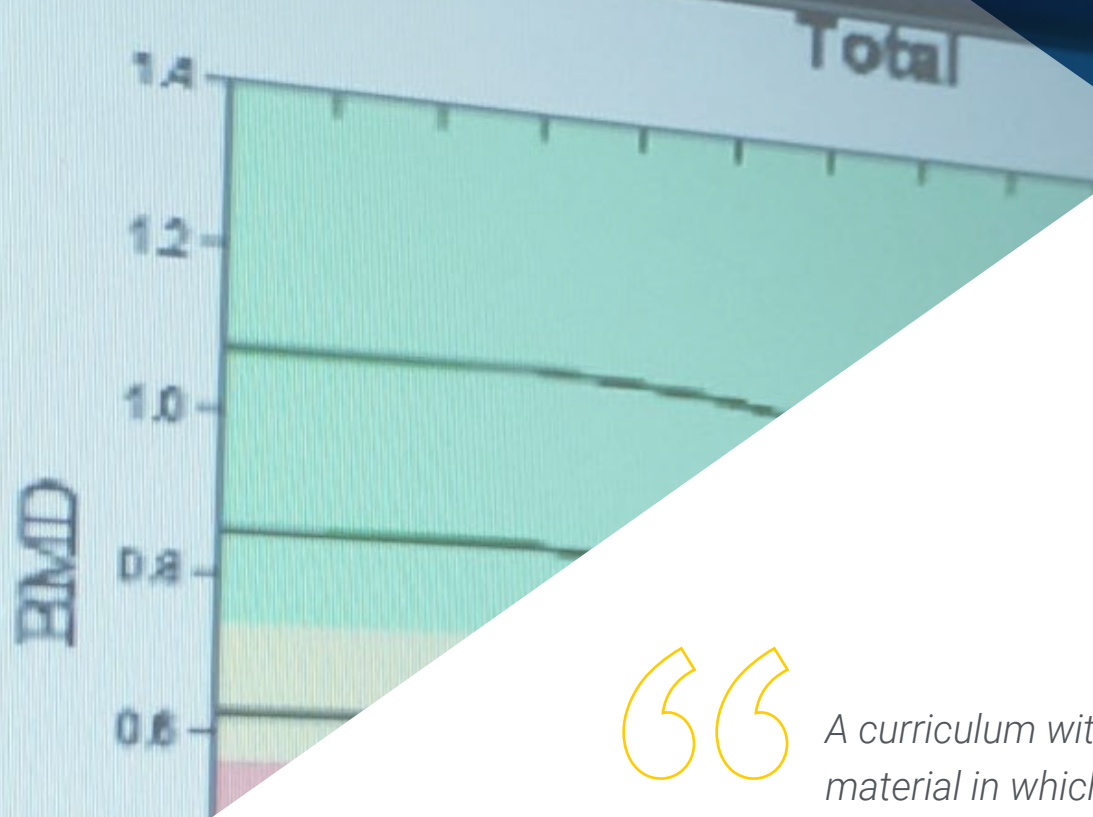
# 04

## Structure and Content

The syllabus of this Postgraduate Certificate has been elaborated by a teaching staff highly qualified in the field of nutrition and experienced in referral hospitals. This will allow the medical professional to acquire a renewal of knowledge from a multidisciplinary discipline and very close to the reality that they live every day in consultation with patients in the infant-juvenile stage. The syllabus of this program includes video summaries of each topic and essential readings in which the factors interrelated with childhood obesity, nutritional education, and food allergies or growth disorders in premature patients are delved into.







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*A curriculum with updated multimedia material in which you will delve into allergies and eating disorders in the infant-juvenile stage”*

## Module 1. Nutrition in Childhood and Adolescence

- 1.1. Causes and Interrelated Factors of Childhood Obesity
  - 1.1.1. Obesogenic Environment in Childhood
  - 1.1.2. Assessment of Individual, Family and Socioeconomic Problems
- 1.2. Risks of Childhood Obesity
  - 1.2.1. Prevention and Adapted Diet Therapy
  - 1.2.2. Physical Activity and Physical Exercise
- 1.3. Nutritional Education
  - 1.3.1. Nutritional Recommendations
  - 1.3.2. Personalized Calculation of Plans for the Treatment of Childhood and Adolescent Obesity
- 1.4. Dietary Patterns and Food Recommendations
  - 1.4.1. Consultation Tools
- 1.5. Genetic Alterations and Predisposition to Obesity in Children and Adults
- 1.6. Prevention and Management of Other Eating Disorders in Children and Adolescents
- 1.7. Psychological Aspects of Childhood Obesity in Nutritional Consultation
- 1.8. Nutrition in Special Situations: Celiac Disease Food Allergy
- 1.9. Nutrition in Special Situations: Diabetes and Dyslipemia
- 1.10. Nutrition and Growth Disorders
  - 1.10.1. Nutrition in Later Stages of the Preterm or SGA Patient





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*An online program that will allow the medical professional to know the advances in nutrition in premature patients”*

05

# 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.







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*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.

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*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.



06

# Certificate

The Postgraduate Certificate in Nutrition in Childhood and Adolescence guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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

This **Postgraduate Certificate in Nutrition in Childhood and Adolescence** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Nutrition in Childhood and Adolescence**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate 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  
development language  
virtual classroom

**tech** technological  
university

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and Adolescence

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