

# Postgraduate Diploma

## Healthy Child Nutrition for Pediatricians



## Postgraduate Diploma Healthy Child Nutrition for Pediatricians

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

Website: [www.techtute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-healthy-child-nutrition-pediatricians](http://www.techtute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-healthy-child-nutrition-pediatricians)

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# 01

# Introduction

Pediatricians must have a high level of knowledge in nutrition, with the objective that their patients, even if they do not suffer from any disease, obtain adequate advice that allows them to grow up healthy and with a good quality of life. With this program, TECH wants to specialize doctors in pediatric nutrition, with a complete syllabus prepared by leading experts in the field.



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*Knowing how to advise the little ones in nutritional matters will allow them to grow up in a healthy way, avoiding pathologies associated with nutrition"*

This program provides an overview of nutrition in the healthy child, while focusing on the most important and innovative aspects of nutrition in the pediatric age, focusing on new advances in nutrition, as well as on the physiology of child nutrition and the prevention of nutritionally based diseases.

In this way, it is necessary to understand that even healthy children can suffer from certain pathologies when they do not consume a balanced diet adapted to their needs, in addition to a healthy lifestyle.

Within this program you can find a teaching staff of the highest level, formed by professionals closely related to pediatric clinical nutrition, outstanding in their field and leading lines of research and field work, as well as recognized specialists from reference societies and prestigious universities.

With this program the student will have the most advanced didactic resources and will have the opportunity to study a teaching program that brings together the most in-depth knowledge in the field, where a group of professors of high scientific rigor and extensive international experience offers the most complete and current information on the latest advances and techniques in clinical nutrition in pediatrics.

In addition, this program has the advantage of being completely online, so that students can organize their own study time, combining it with the rest of their daily obligations. A unique opportunity of study that can be done from anywhere, you only need to have a computer or mobile device with internet connection.

This **Postgraduate Diploma in Healthy Child Nutrition for Pediatricians** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Case development presented by experts in well-child nutrition
- ♦ Its graphic, schematic and practical contents provide scientific and assistance information on those disciplines essential for the professional practice
- ♦ Practical exercises where the process of self-assessment can be used to improve learning
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ Special emphasis on research methodologies in well-child nutrition
- ♦ 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



*Improve your knowledge through the Postgraduate Diploma in Healthy Child Nutrition for Pediatricians, in a practical way and adapted to your needs"*

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*This Postgraduate Diploma is the best investment you can make in the selection of a professional program for two reasons: in addition to upgrading your knowledge in Healthy Child Nutrition, you will obtain a diploma from TECH Technological University"*

The program's teaching staff includes professionals from the field 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.

*We offer you the best teaching methodology so that you can exercise as if you were facing real situations.*

*Improve your knowledge in Healthy Child Nutrition through this program, where you will find the best didactic material with real case studies.*



# 02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the pediatrician can master in a practical and rigorous way the Healthy Child Nutrition for Pediatricians.







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*This Postgraduate Diploma will allow you to update your knowledge with the use of the latest educational technology, to contribute with quality and security to decision-making”*



## General Objectives

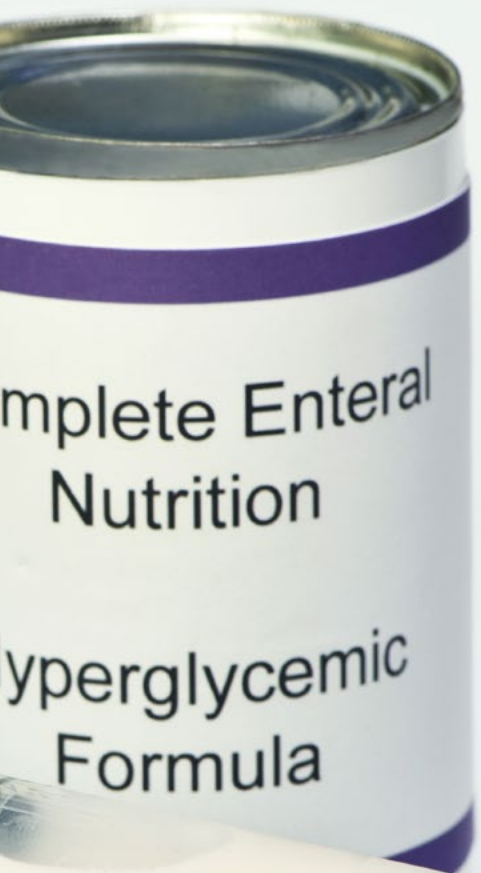
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- ♦ Improve the pediatrician's knowledge on new tendencies in human nutrition, both in health and in pathological situations
- ♦ Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to adult pathologies, where nutrition plays a fundamental role in treatment
- ♦ Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific education
- ♦ Encourage professional stimulation through continuing education and research
- ♦ Prepare the professional for research into patients with nutritional problems



*Take the opportunity and take the next step to get up to date on the latest developments in well-child nutrition"*





## 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
- ♦ Manage food databases and composition tables
- ♦ 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
- ♦ Describe the composition and utilities of new foods
- ♦ Explain basic aspects of food microbiology, parasitology, and toxicology related to food safety
- ♦ Analyze the operation of milk banks
- ♦ Explain the new developments and available evidence on probiotics and prebiotics in infant feeding

### Module 2. Physiology of Infant Nutrition

- ♦ Update the drug-nutrient interaction and its implication in the patient's treatment
- ♦ Identify the relationship between nutrition and immune status
- ♦ Define the fundamental of Nutrigenetics and Nutrigenomics
- ♦ Review the psychological bases and biopsychosocial factors that affect human eating behavior
- ♦ Explain the relationship of physiology and nutrition in the different stages of infant development
- ♦ Describe the main malabsorption syndromes and how they are treated

03

# Course Management

This program includes in its teaching staff health professionals of recognized prestige, who belong to the field of pediatric nutrition and who pour into this specialization the experience of their work.

In addition, renowned specialists, members of prestigious national and international scientific communities, are involved in designing and preparing the program.





*Learn from leading professionals the latest advances in pediatric nutrition"*

## Management



### Ms. Auni3n Lavar3as, Mar3a Eugenia

- ◆ Pharmacist and Clinical Nutrition Expert
- ◆ "Author of the reference book in the field of Clinical Nutrition "Dietary Management of Overweight in the Pharmacy Office". (Panamericana Medical Publishing House)
- ◆ Pharmacist with extensive experience in the public and private sector
- ◆ Pharmacist in Valencia Pharmacy
- ◆ Pharmacy Assistant in the British pharmacy and health and beauty retail chain Boots, UK
- ◆ Degree in Pharmacy and Food Science and Technology. University of Valencia
- ◆ Head of Postgraduate Certificate "Dermocosmetics in the Pharmacy Office"



# 04

## Structure and Content

The structure of the contents has been designed by a team of professionals from the best educational institutions and universities in the country, who are aware of the relevance of up-to-date, innovative training, and are committed to quality teaching using new educational technologies.







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*This Postgraduate Diploma in Healthy Child Nutrition for Pediatricians contains the most complete and up-to-date scientific program on the market"*

## 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 Symbiotics
  - 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 Hazards
  - 1.9.2. Chemical Hazards
  - 1.9.3. Microbiological Hazards
- 1.10. New labelling and consumer information BORRAR
- 1.11. Phytotherapy Applied to Nutritional Pathologies

## Module 2. Physiology of Infant Nutrition

- 2.1. Influence of Nutrition on Growth and Development
- 2.2. Nutritional Requirements in the Different Periods of Childhood
- 2.3. Nutritional Assessment in Children
- 2.4. Physical Activity Evaluation and Recommendations
- 2.5. Nutrition During Pregnancy and its Impact on the New-born
- 2.6. Current Trends in the Premature New-born Nutrition





- 2.7. Nutrition in Lactating Women and its Impact on the Infant
- 2.8. Nutrition of New-borns with Intrauterine Growth Delay
- 2.9. Breastfeeding
  - 2.9.1. Human Milk as a Functional Food
  - 2.9.2. Process of Milk Synthesis and Secretion
  - 2.9.3. Reasons for it to be Encouraged
- 2.10. Human Milk Banks
  - 2.10.1. Milk Bank Operation and Indications
- 2.11. Concept and Characteristics of the Formulae Used in Infant Feeding
- 2.12. The Move to a Diversified Diet. Complementary Feeding During the First Year of Life
- 2.13. Feeding 1–3-Year-Old Children
- 2.14. Feeding During the Stable Growth Phase. Schoolchild Nutrition
- 2.15. Adolescent Nutrition. Nutritional Risk Factors
- 2.16. Child and Adolescent Athlete Nutrition
- 2.17. Other Dietary Patterns for Children and Adolescents. Cultural, Social, and Religious Influences on Infant Nutrition
- 2.18. Prevention of Childhood Nutritional Diseases. Objectives and Guidelines



*A unique, key, and decisive educational experience to boost your professional development”*

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 Diploma in Healthy Child Nutrition for Pediatricians guarantees, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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”*

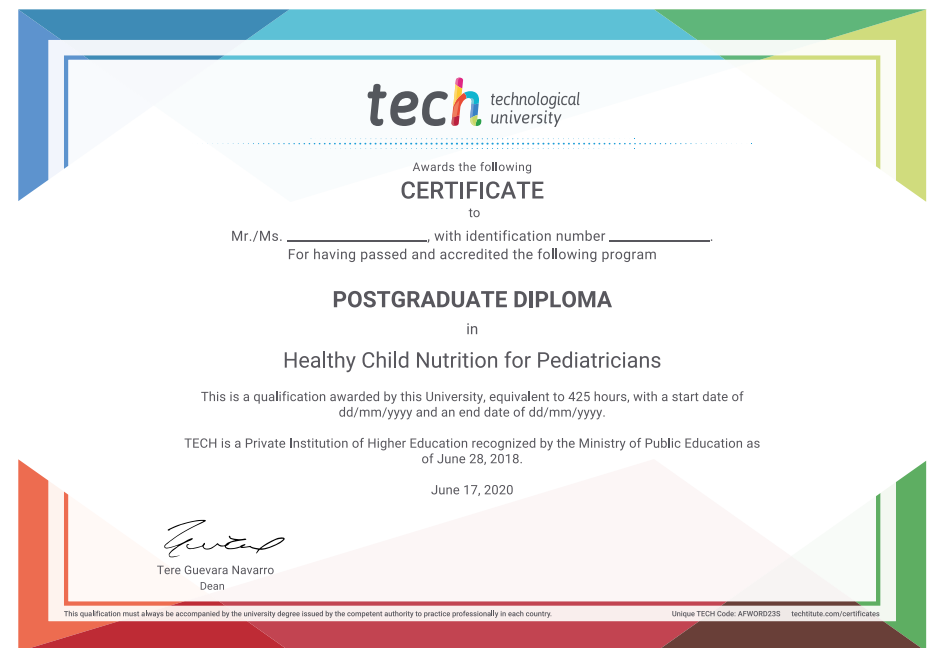
This **Postgraduate Diploma in Healthy Child Nutrition for Pediatricians** contains the most complete and up-to-date scientific program on the market.

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

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

Title: **Postgraduate Diploma in Healthy Child Nutrition for Pediatricians**

Official N° of Hours: **425 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.

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community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom

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