

Postgraduate Certificate

Effects of Nutrition on
Aging: Applied Dermo-
Aesthetic Treatments





Postgraduate Certificate

Effects of Nutrition on
Aging: Applied Dermo-
Aesthetic Treatments

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

Website: www.techtute.com/in/nutrition/postgraduate-certificate/effects-nutrition-aging-applied-dermo-aesthetic-treatments

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Structure and Content

p. 12

04

Methodology

p. 16

05

Certificate

p. 24

01

Introduction

Healthy behaviors throughout life, in particular a balanced diet and regular exercise, help to delay the onset of the effects of aging. In this way, good nutrition, together with the appropriate aesthetic treatments, can increase people's self-esteem through their physical appearance. Thus, this university program allows the professionals to learn, in an intensive way, how to design effective plans to reverse aging and how to apply the most effective aesthetic treatments in each case.





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Nutrition plays a determining role in aging. Learn how to reverse it with this Postgraduate Certificate”

Nutrition plays a fundamental role in the effects of aging. Therefore, all those who want to delay the appearance of flaccidity, wrinkles and other features of aging should try to have a healthy diet and, for this, the work of the nutritionist is crucial. In addition, if combined with a good diet and the most appropriate aesthetic treatments, the benefits are multiplied.

With this reality in mind, and aware of the importance of professional updating in the nutritionist's daily practice, TECH has designed this program in which students will learn to understand the structural changes that the skin undergoes during the aging process and how to treat them through aesthetic treatments and dietary plans.

Thus, at the end of the program, the professionals will have acquired a series of competencies that will place them at the forefront of the sector and position them as a nutritionist reputed for their ability, from a multidisciplinary approach, to reverse the effects of aging on the skin.

This **Postgraduate Certificate in Effects of Nutrition on Aging: Applied Dermo-Aesthetic Treatments** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- The development of case studies presented by experts in skin physiology and nutrition
- 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 self-assessment can be used 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



Update your knowledge in this exciting field thanks to the contents that TECH makes available to you"

“ *Studying at TECH is a challenge that aims to achieve excellence, are you up for the challenge?*”

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.

Its multimedia content, developed with the latest educational technology, will provide the professionals with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professionals must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned experts.

The nutricosmetics sector is booming. Join it and start growing personally and professionally.

Offer in your practice the best dermo-cosmetic treatments and become a reputable professional.



02 Objectives

For this Postgraduate Certificate, TECH has relied on a group of specialists in the field of dermocosmetics. They have been in charge of generating the teaching material for this program with the aim of providing nutritionists with the latest developments in nutricosmetics and aging. In this way, the Postgraduate Certificate is a unique opportunity in the hands of the students to achieve professional success.



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TECH prepares you to achieve your professional goals. Don't miss this great opportunity”



General Objectives

- Comprehensively manage the esthetic patient, being able to make an accurate diagnosis and apply the most appropriate treatment
- Update and reinforce the knowledge in dermatology necessary to provide proper patient care in the nutrition practice

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Specialize in a booming area and you will see how your job, professional, economic and personal prospects will grow”





Specific Objectives

- ◆ Present the historical background on which anti-aging medicine is based
- ◆ Define and become familiar with the most frequently used concepts in anti-aging medicine
- ◆ Examine the most accepted theories of aging and interrelate them with each other
- ◆ Understand the aging mechanisms associated with mitochondria
- ◆ Define telomere-related aging processes
- ◆ Establish the relationship between immunosenescence, aging and disease onset
- ◆ Analyze the importance of circadian rhythms in aging and acquire the skills to treat their alterations in an appropriate manner
- ◆ Evaluate the importance of the exposome in aging and generate channels to adapt it to the needs and expectations of the individual

03

Structure and Content

The structure and contents of this Postgraduate Certificate have been designed so that, after 6 weeks of intensive learning, the nutritionists will be able to apply the latest postulates and treatments to reverse aging, thus improving the quality of life of their patients.





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*This is a unique academic opportunity.
Don't let it slip away”*

Module 1. Aging and cosmetic assessment in aesthetic nutrition

- 1.1. History of Antiaging Medicine
- 1.2. Theories of aging. Pathophysiology
- 1.3. Species and Longevity
- 1.4. Mechanisms of Cellular Aging
- 1.5. Mitochondrias
- 1.6. Chronobiology I. Suprachiasmatic Pineal Nucleus. Circadian Rhythm
- 1.7. Chronobiology II. Sleep and Sleeplessness
- 1.8. Immunity. Immunosenescence
- 1.9. Telomeres and Telomerase
- 1.10. Exposome and Aging





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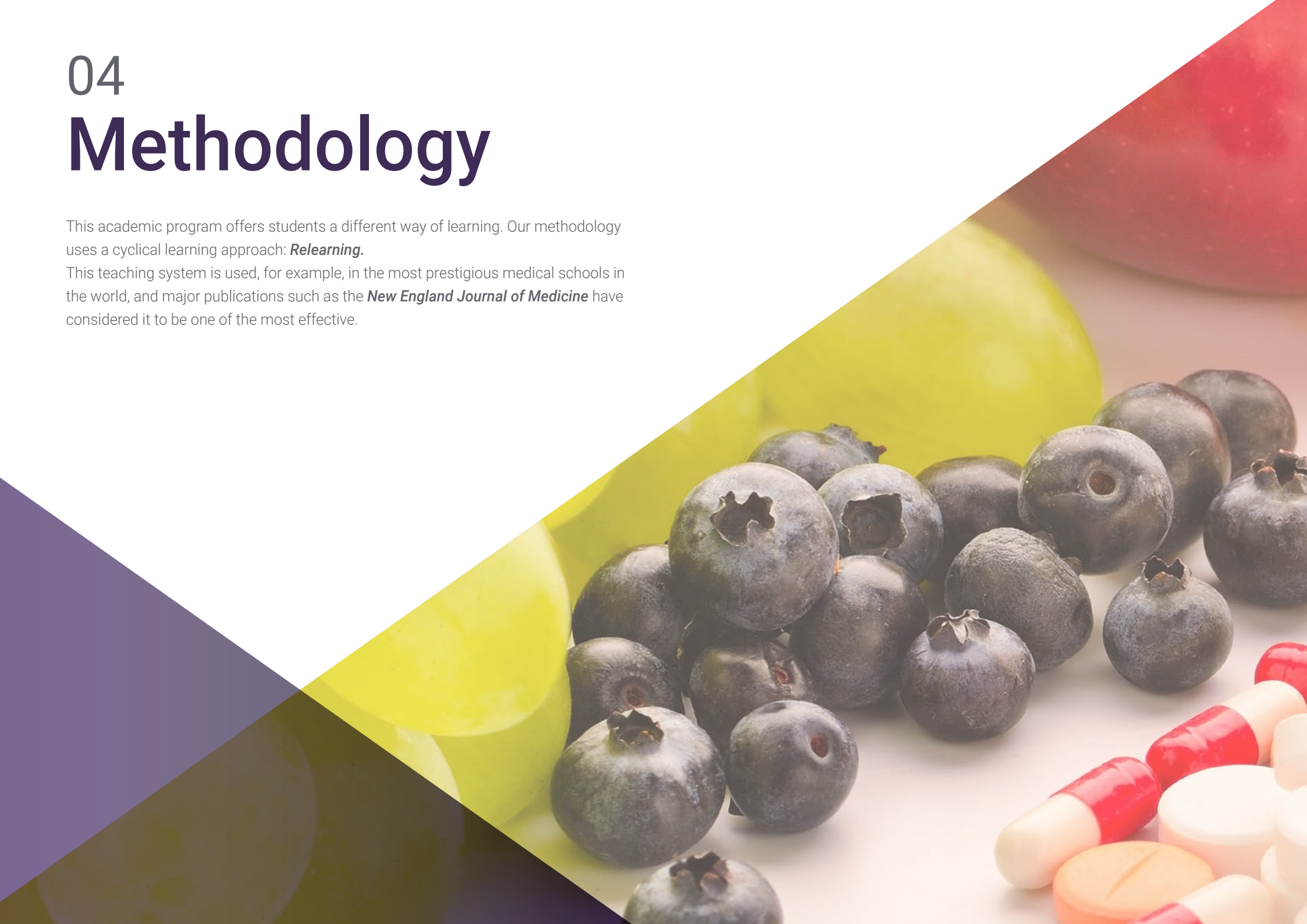
The professional market needs nutritionists like you, capable of practicing the profession from an interdisciplinary perspective”

04

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

In a given situation, what should a professional do? 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, nutritionists can 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 of professional nutritional 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. Nutritionists who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity through exercises to evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the nutritionist to better integrate knowledge into clinical practice.
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.

The nutritionist will learn through real cases and by solving 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 45,000 nutritionists have been trained with unprecedented success in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

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



Nutrition Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional counselling techniques and procedures. 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 suggesting that observing third-party experts can be useful.

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.



05 Certificate

This Postgraduate Certificate in Effects of Nutrition on Aging. Applied Dermo-Aesthetic Treatments 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 Effects of Nutrition on Aging. Applied Dermo-Aesthetic Treatments** 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 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 Effects of Nutrition on Aging. Applied Dermo-Aesthetic Treatments**

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.



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