

Postgraduate Certificate Nutrigenomics



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Course Modality: **Online**

Duration: **6 weeks**

Certificate: **TECH - Technological University**

6 ECTS Credits

Teaching Hours: **150 hours.**

Website: www.techtute.com/nutrition/postgraduate-certificate/nutrigenomics

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01

Introduction

Learn how diet can influence the structure of genes and favor the appearance of certain diseases thanks to this high quality training. Specialize in this field of nutritional research and increase your professional skills with a training that will allow you to improve your daily practice. Don't hesitate any longer and join our community of students.

Nutrigenomics is a growing discipline that allows us to understand how diet can influence genetic structure.



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Give your career a boost thanks to this training in Nutrigenomics and you will notice how you advance in your daily practice"

This Postgraduate Certificate details everything a health professional needs to know about Nutrigenomics. Thus, the material is organized in such a way as to advance knowledge without leaving doubts or gaps in information. It is the best training on the market, because it offers the opportunity to learn online all the innovation in the field of Nutritional Genomics.

Specifically, in this course we will go into the differences between Nutrigenetics and Nutrigenomics, showing the similarities and differences between the two. In addition, the main nutrition-related gene expression studies in humans are presented.

The example of the Mediterranean diet as a dietary pattern is also analyzed and the studies of patterns and nutrients and their influence on the change of gene expression are explained.

One of the strengths of this training is how to classify genes related to key molecular pathways for disease, such as inflammation.

This Postgraduate Certificate provides students with specific tools and skills to successfully develop their professional activity related to Nutritional Genomics and Precision Nutrition.

As it is an online Postgraduate Certificate, the student is not conditioned by fixed schedules or the need to move to another physical location, but can access the contents at any time of the day, balancing their work or personal life with their academic life.

This **Postgraduate Certificate in Nutrigenomics** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- The development of case studies presented by experts in Genomic and Precision Nutrition.
- The graphic, schematic, and eminently practical contents with which they are created contain information that is indispensable for professional practice.
- Practical exercises where the self-assessment process can be carried out to improve learning.
- Special emphasis on innovative methodologies in Nutrigenetics and Polymorphisms.
- 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.



Get trained in the broad field of Nutrigenomics and offer specialized treatments to your patients"

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This Postgraduate Certificate is the best investment you can make in selecting a refresher program to update your knowledge in Nutrigenomics”

Its teaching staff includes professionals belonging to the field of nutrition, who bring to this training the experience of their work, as well as recognized 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 training 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 during the academic year. To do so, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts in Nutrigenomics.

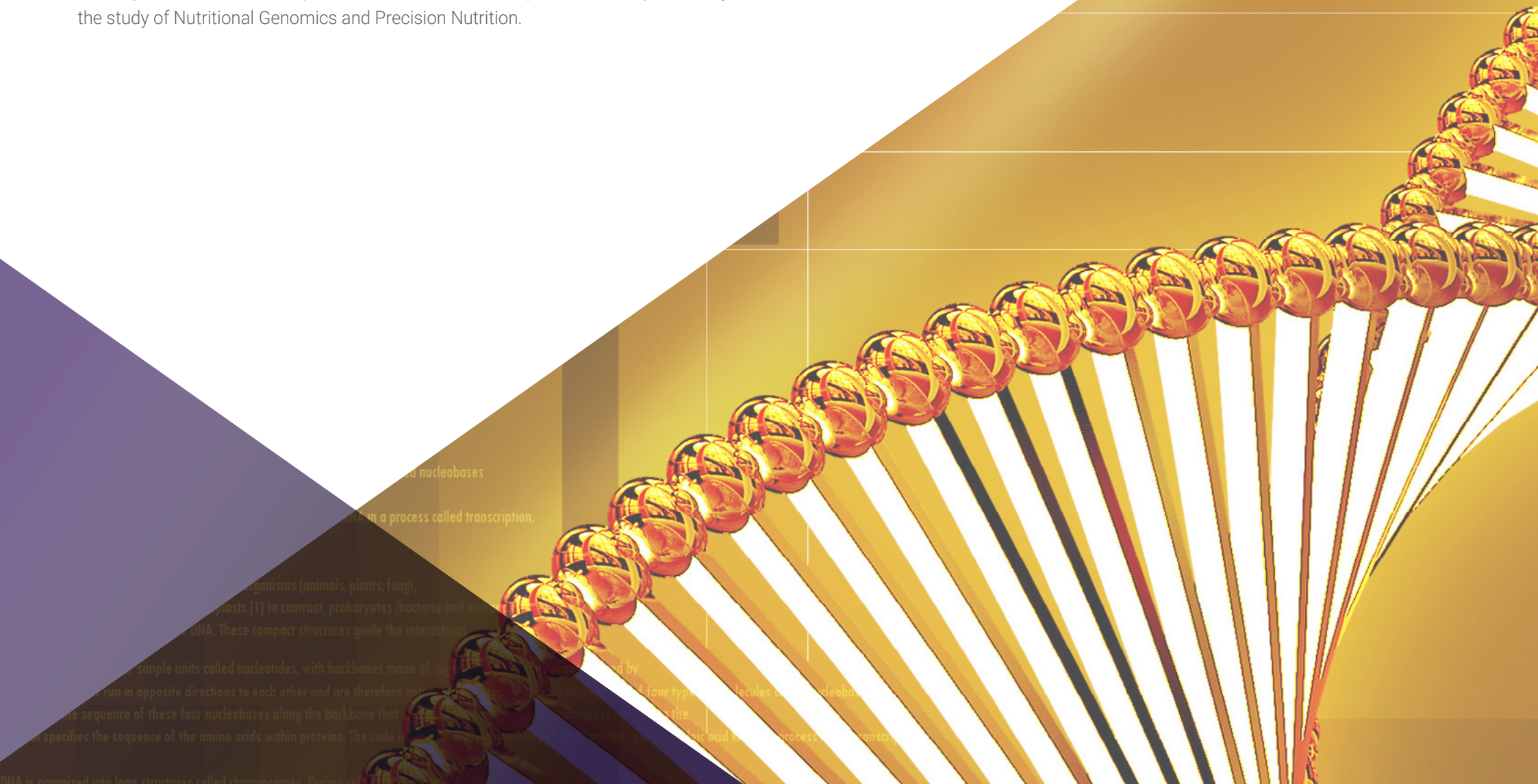
This program offers training in simulated environments, which provides an immersive learning experience designed to train for real-life situations.

This 100% online course will allow you to combine your studies with your professional work while increasing your knowledge in this field.



02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the nutrition professional can master in a practical and rigorous way the study of Nutritional Genomics and Precision Nutrition.





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This refresher program will provide you with a sense of confidence in your daily work, which will help you grow both personally and professionally”



General Objectives

- ♦ Acquire theoretical knowledge on human population genetics.
- ♦ Acquire knowledge of Nutritional Genomics and Precision Nutrition to be able to apply it in clinical practice.
- ♦ Learn about the trajectory of this innovative field and the key studies that contributed to its development.
- ♦ Know in which pathologies and conditions of human life Nutritional Genomics and Precision Nutrition can be applied.
- ♦ Be able to assess individual response to nutrition and dietary patterns in order to promote health and disease prevention.
- ♦ Understand how nutrition influences gene expression in humans.
- ♦ Learn about new concepts and future trends in the field of Nutritional Genomics and Precision Nutrition.
- ♦ Adapt personalized dietary and lifestyle habits according to genetic polymorphisms.
- ♦ Provide health professionals with all the up-to-date knowledge in the field of Nutritional Genomics and Precision Nutrition in order to know how to apply it in their professional activity.
- ♦ Put all the up-to-date knowledge in perspective. Where we are now and where we are headed so that the student can appreciate the ethical, economic and scientific implications in the field.





Specific Objectives

- Delve into the Differences between Nutrigenetics and Nutrigenomics
- Present and analyze genes related to metabolic processes affected by nutrition.

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*Take the step and join one of
the largest online universities
in the world”*

03

Course Management

The program includes in its teaching staff reference experts in Nutritional Genomics and Precision Nutrition, who pour into this training the experience of their work. Additionally, other recognized experts participate in its design and preparation, completing the program in an interdisciplinary manner.



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*Our teaching team, with recognized prestige,
will help you to surpass yourself”*

International Guest Director

Dr. Caroline Stokes is a specialist in **Psychology** and **Nutrition**, with a doctorate and a habilitation in **Medical Nutrition**. After a distinguished career in this field, she leads the **Food and Health Research** group at the Humboldt University of Berlin. This team collaborates with the Department of Molecular Toxicology at the German Institute of Human Nutrition Potsdam-Rehbrücke. Previously, he has worked at the Medical School of Saarland University in Germany, the Cambridge Medical Research Council and the UK National Health Service.

One of her goals is to discover more about the fundamental role that **Nutrition** plays in improving the overall health of the population. To this end, he has focused on elucidating the effects of fat-soluble vitamins such as **A, D, E** and **K**, the **amino acid methionine**, lipids such as **omega-3 fatty acids** and **probiotics** for both the prevention and treatment of diseases, particularly those related to hepatology, neuropsychiatry and aging.

Her other lines of research have focused on plant-based diets for the prevention and treatment of diseases, including liver and psychiatric diseases. He has also studied the spectrum of **vitamin D** metabolites in health and disease. She has also participated in projects to analyze new sources of vitamin D in plants and to compare the **luminal** and **mucosal microbiome**.

In addition, Dr. Caroline Stokes has published a long list of scientific papers. Some of her areas of expertise are **Weight Loss**, **Microbiota** and **Probiotics**, among others. The outstanding results of her research and her constant commitment to her work have led her to win the **National Health Service Journal Award for the Nutrition and Mental Health Program** in the UK.



Dr. Stokes, Caroline

- ♦ Head of the Food and Health Research Group at the Humboldt University of Berlin, Germany
- ♦ Researcher at the German Institute of Human Nutrition Potsdam-Rehbruecke
- ♦ Professor of Food and Health at the Humboldt University of Berlin
- ♦ Scientist in Clinical Nutrition at the University of Saarland
- ♦ Nutrition Consultant at Pfizer
- ♦ PhD in Nutrition at the University of Saarland
- ♦ Postgraduate Diploma in Dietetics at King's College London, University of London
- ♦ Master's Degree in Human Nutrition from the University of Sheffield

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

Management



Dr. Konstantinidou, Valentini

- ♦ D. in Biomedicine.
- ♦ Lecturer in Nutrigenetics.
- ♦ Founder of DNANUTRICOACH®.
- ♦ Dietitian-Nutritionist.
- ♦ Food Technologist.

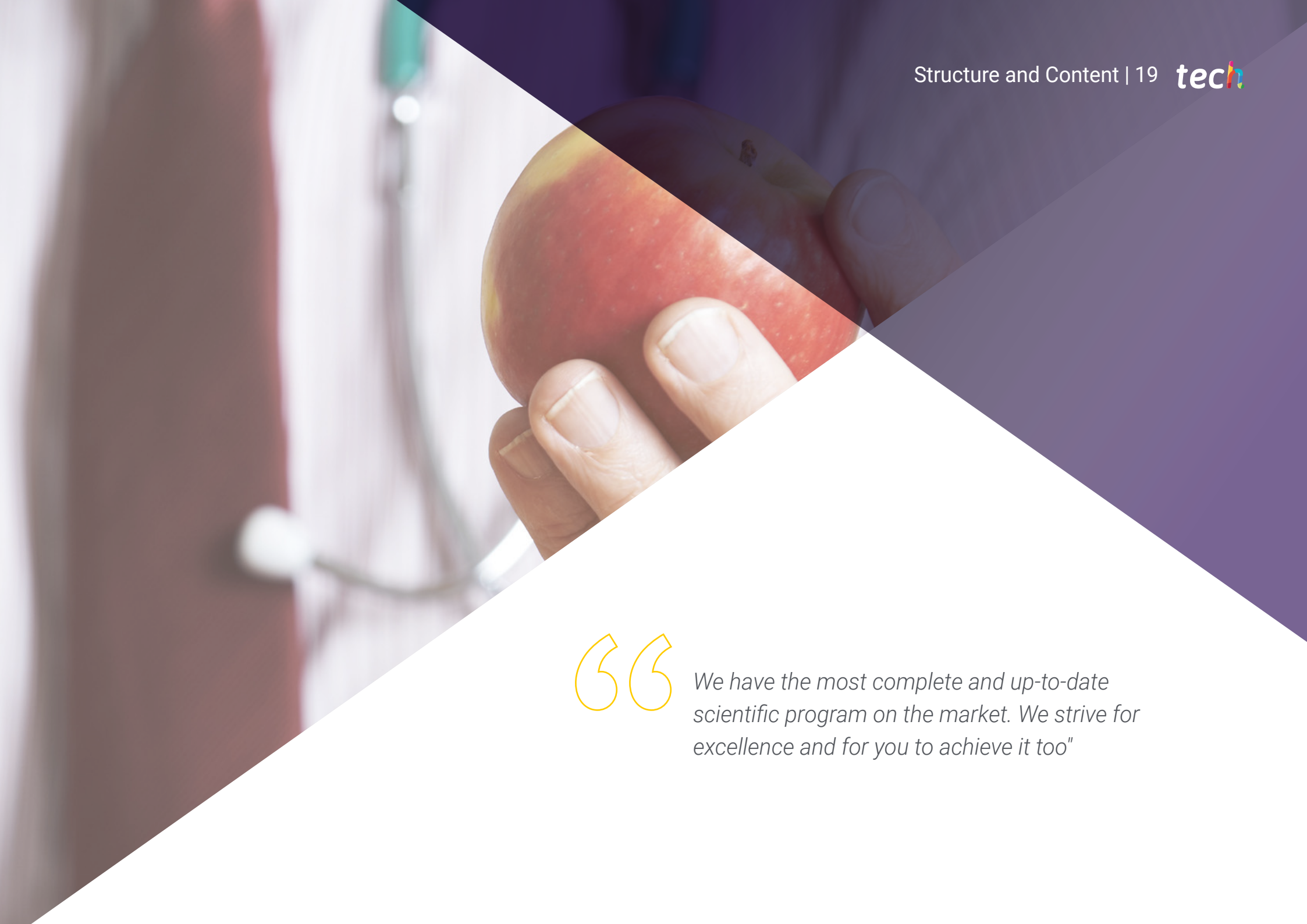


04

Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of training in daily practice, aware of the current relevance of training in Nutritional Genomics and Precision Nutrition, and committed to quality teaching through new educational technologies.





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We have the most complete and up-to-date scientific program on the market. We strive for excellence and for you to achieve it too"

Module 1. Nutrigenomics

- 1.1. Differences and Similarities with Nutrigenetics
- 1.2. Bioactive Components of Diet on Gene Expression
- 1.3. The Effect of Micro and Macro Nutrients on Gene Expression
- 1.4. The Effect of Dietary Patterns on Gene Expression
 - 1.4.1. The Mediterranean Diet Example
- 1.5. Main Studies in Gene Expression
- 1.6. Genes related to Inflammation
- 1.7. Genes related to Insulin Sensitivity
- 1.8. Genes related to Lipid Metabolism and Adipose Tissue Differentiation
- 1.9. Genes related to Arteriosclerosis
- 1.10. Genes related to the Myoskeletal System



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

05

Methodology

This program offers you a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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 Re-learning, 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 would you do? Throughout the instructional program, you will be presented with multiple simulated cases based on real situations in which you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Flavorists learn better, faster and more sustainably over time.

With TECH, the Flavorist will experience a way of learning that is shaking the very 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 singularity 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. Flavorists 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. The learning process is solidly focused on practical skills that allow the flavorist to better integrate knowledge into practice.
3. Ideas and concepts are understood more effectively, since the example situations are based on real life situations.
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.



Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our 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, which represent a real revolution with respect to simply studying and analyzing 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have have trained more than 45,000 nutritionists with unprecedented success, in all clinical specialties regardless of the workload. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Re-learning 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 to success.

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

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



In this program you will have access to the best educational material, prepared with you 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 really specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Nutrition Techniques and Procedures on Video

We introduce you to the latest techniques, the latest educational advances, and the forefront of current nutritional procedures and techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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



Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Re-testing

We periodically evaluate and re-evaluate your knowledge throughout the course, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your 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 our future difficult decisions.



Quick Action Guides

We provide you with the most important contents of the program in the form of fact sheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06

Certificate

Through a different and stimulating learning experience, you will be able to acquire the necessary skills to take a big step in your training. An opportunity to progress, with the support and monitoring of a modern and specialized university, which will propel you to another professional level.





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Add to your CV a Postgraduate Certificate in Nutrigenomics and become a highly competitive professional”

This **Postgraduate Certificate in Nutrigenomics** 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 diploma 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 Nutrigenomics**

ECTS: **6**

Official Number of Hours: **150**



*Apostille Convention. In the event that the student wishes to have their paper diploma Apostilled, TECH EDUCATION will make the necessary arrangements to obtain it at an additional cost of €140 plus shipping costs of the Apostilled diploma.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present quality

online training

development languages

virtual classroom

tech technological
university

Postgraduate Certificate
Nutrigenomics

Course Modality: **Online**

Duration: **6 weeks**

Certificate: **TECH Technological University**

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Teaching Hours: **150 hours.**

Postgraduate Certificate Nutrigenomics

