

Postgraduate Certificate

Probiotics, Prebiotics,
Microbiota and Health
for Nutritionists



Postgraduate Certificate

Probiotics, Prebiotics,
Microbiota and Health
for Nutritionists

Course Modality: **Online**

Duration: **2 months.**

Certificate: **TECH Technological University**

Website: www.techtitute.com/nutrition/postgraduate-certificate/prebiotics-probiotics-microbiota-health-nutritionists

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01

Introduction

Scientific research in the field of microbiota has been booming in recent decades, aimed both at the study of its characteristics and its impact on our health. The study of human microbiota opens the door to the knowledge of multiple diseases, especially the so-called functional diseases, with the microbiome being researchers' main workhorse. Aware of this, TECH professionals have designed this Postgraduate Certificate that aims to train Nutritionists to be able to understand what are the Microbiotas and delve into the aspects that trigger the balance and imbalance of these, where the use of natural Probiotics and Prebiotics, from food, can be a great means of healing. All this will make them much more competent professionals, prepared to work in various fields of medicine with greater guarantees.





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Acquire with this Postgraduate Certificate the skills to design customized diets for your patients and adapted to the use of natural food Probiotics"

Numerous scientific evidences have implicated the respiratory microbiome and its potential impact on various disease states in recent years. All this has given rise to new therapeutic strategies aimed at controlling and regulating this ecosystem. The study of this ecosystem is a field that is rapidly advancing scientifically, and it is universally accepted that to achieve an adequate state of health it is also necessary to have a "healthy" Microbiota.

Our microbiota undergoes changes as a consequence of the influence of multiple factors, diet, lifestyle, pharmacological treatments.... generating alterations in this bacterial ecosystem and the abnormal interaction that the organism could have with it, is related to certain processes: allergic, acute and chronic intestinal diseases, obesity and metabolic syndrome, neurological diseases, dermatitis and other alterations in the dermis, and even some types of cancer.

Certificate on Probiotics, Prebiotics and Microbiota for Nutritionists focuses on providing nutritionists with the necessary information to understand and know how to work with both concepts, having full knowledge of their implication in the health of patients. In this way, the Nutritionist will be able to know the functioning of the Microbiota at a general level, its Eubiosis and Dysbiosis and the problems related to it and to design diets adapted to the needs of the patients.

Also, during the course of the training, the aspects that trigger the balance and imbalance of the Microbiota and the use of natural food Probiotics and Prebiotics as a means of healing from these imbalances will be discussed in depth. In the same way, we will study the launching on the market of various products with very specific strains for very specific problems and diseases related to problems in the microbial system.

This will allow Nutrition professionals to be up to date with all the scientific advances in this regard, to offer the patient more accurate information on the subject, guiding them to recover and maintain that bacterial Eubiosis as a means to achieve a good state of health, in addition to collaborating in a positive way with the recommended medical treatment.

This **Postgraduate Certificate in Probiotics, Prebiotics, Microbiota and Health for Nutritionists** contains the most complete and up-to-date scientific program on the market. The most important features of the University Course are:

- Development of case studies presented by experts in Microbiota.
- The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice.
- New developments on Microbiota.
- It contains practical exercises where the process of self-evaluation can be carried out to improve learning.
- With special emphasis on innovative methodologies in Microbiota.
- All this will be complemented with theoretical lessons, questions to the expert, discussion forums on controversial topics and individual reflection papers.
- Availability of the contents from any fixed or portable device with an internet connection.



Improve your knowledge in Microbiota and Probiotics, through this program, where you will find the best didactic material, as well as real cases"

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By studying at TECH you will have access to the best content compendium on the market today. All of this is also backed by a Postgraduate Certificate from one of the best learning institutions, TECH"

The program includes, in its teaching staff, professionals belonging to the field of medicine and nutrition, who bring to this training the experience of their work, in addition to recognized specialists from prestigious reference societies and 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 University Course. For this purpose, the professional will be assisted by an innovative interactive video system created by recognized experts in Microbiotics.

The Postgraduate Certificate allows you to exercise through simulated environments, which provide immersive learning programmed to train for real situations.

TECH offers you 100% online training, ideal to prepare you without neglecting your professional duties.



02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the professional gets, in a practical and rigorous way, the study of Macrobiotics and apply it in the daily practice of their profession. In this sense, the Postgraduate Certificate in Probiotics, Prebiotics, Microbiota and Health for Nutritionists responds to the continuous demand of professionals for quality training in this regard, which serves as a means to use Probiotic and Prebiotic food therapy as a preventive or therapeutic tool in maintaining the health of their patients of all ages.





TECH trainings are based on the latest educational technology. This way, you are assured with the best teaching material on the market"



General Objectives

- This Postgraduate Certificate fulfills a need of today's society, a quality and up-to-date training that allows the use of microbiological therapy as a preventive or therapeutic tool for the maintenance of health.
- Offer a comprehensive and broad view of the current state of the field of human Microbiota, in its broadest sense, the importance of the balance of this Microbiota as a direct effect on our health, with the multiple factors that influence it positively and negatively.
- Argue with the backing of scientific evidence how the Microbiota and its interaction with many non-digestive, autoimmune pathologies or its relationship with the dysregulation of the immune system, the prevention of diseases, and as a support to other medical treatments is currently being given a high degree of importance.
- Promote work strategies based on the integral approach of the patient as a reference model, not only focusing on the symptomatology of the specific pathology, but also looking at its interaction with the microbiota and how it may be influencing it.
- Encourage professional stimulation through continuing education and research.





Specific Objectives

- Delve into Probiotics, their definition, history and mechanisms of action.
- Delve into Prebiotics, their definition, types of Prebiotics and mechanisms of action.
- Know the clinical applications of probiotics and prebiotics in Gastroenterology
- Know the Clinical Applications of Endocrinology and Cardiovascular Disorders
- Understand the clinical applications of probiotics and prebiotics in Urology
- Understand the clinical applications of probiotics and prebiotics in Gynecology
- Know the clinical applications of Probiotics and prebiotics in Immunology: Autoimmunity, Pneumology, Dermatology, Vaccines
- Know the clinical applications of Probiotics and Prebiotics in nutritional diseases
- Know the clinical applications of Probiotics and Prebiotics in neurological diseases, mental health, and elderly
- Understand the clinical applications of Probiotics and Prebiotics in critically ill cancer patients.
- Understand the use of dairy products as a natural source of Probiotics and Prebiotics.
- Delve into the safety and legislation in the use of Probiotics.



03

Course Management

The program's teaching staff includes leading specialists in Human Microbiota and other related areas, who bring their years of work experience to this training program. In addition, other specialists of recognized prestige participate in its design and elaboration, completing the program in an interdisciplinary manner. All this, with the aim of providing nutritionists with the most complete information and content of the educational panorama so that they can practice their profession with greater guarantees of success and serve patients with full knowledge of the functioning of their Microbiota, as well as the use of Probiotics and Prebiotics to offer solutions much more adapted to their characteristics.





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Learn from leading professionals, the latest advances in procedures in the field of Probiotic use and become a first class Nutritionist"

International Guest Director

Dr. Harry Sokol is internationally recognized in the field of Gastroenterology for his research on the gut microbiota. With more than 2 decades of experience, he has established himself as a true scientific authority thanks to his numerous studies on the role of microorganisms in the human body and their impact on chronic inflammatory bowel diseases. In particular, his work has revolutionized medical understanding of this organ, often referred to as the “second brain.”

Among Dr. Sokol’s contributions, he and his team have opened a new line of advances on the bacterium *Faecalibacterium prausnitzii*. In turn, these studies have led to crucial discoveries about its anti-inflammatory effects, opening the door to revolutionary treatments.

In addition, the expert is distinguished by his commitment to the dissemination of knowledge, whether by teaching academic programs at the Sorbonne University or by publishing works such as the comic book *The Extraordinary Powers of the Belly*. His scientific publications appear continuously in world-renowned journals and he is invited to specialized congresses. At the same time, he carries out his clinical work at the Saint-Antoine Hospital (AP-HP/University Hospital Federation IMPEC/Sorbonne University), one of the most renowned hospitals in Europe.

On the other hand, Dr. Sokol began his medical studies at Paris Cité University, showing early on a strong interest in health research. A chance meeting with the eminent Professor Philippe Marteau led him to Gastroenterology and the enigmas of the Intestinal Microbiota. Throughout his career, he also broadened his horizons by training in the United States, at Harvard University, where he shared experiences with leading scientists. Upon his return to France, he founded his own team where he researches on Fecal Transplantation, offering state-of-the-art therapeutic innovations.



Dr. Sokol, Harry

- Director of Microbiota, Gut and Inflammation at Sorbonne University, Paris, France
- Specialist Physician at the Gastroenterology Department of the Saint-Antoine Hospital (AP-HP), Paris, France
- Group Leader at the Institut Micalis (INRA)
- Coordinator of the Center of Microbiome Medicine of Paris FHU
- Founder of the pharmaceutical company Exeliom Biosciences (Nextbiotix)
- President of the Fecal Microbiota Transplantation Group
- Medical Specialist in different hospitals in Paris
- Doctorate in Microbiology at the Université Paris-Sud
- Postdoctoral Fellowship at the Massachusetts General Hospital, Harvard University Medical School
- Degree in Medicine, Hepatology and Gastroenterology at Université Paris Cité

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

Management



Dr. Fernández Montalvo, Mª Ángeles

- ♦ Degree in Biochemistry from the University of Valencia.
- ♦ Specialist Degree in Nutrition, Dietetics and Diet Therapy.
- ♦ Expert in Microbiological Food Analysis.
- ♦ Expert in Nutrition, Food and Cancer. Prevention and Treatment.
- ♦ Expert in Vegetarian, Clinical and Sports Nutrition.
- ♦ Specialist in food intolerances and the study of the Intestinal Microbiota.
- ♦ Numerous courses on Intestinal Microbiota, methods of analysis and applications.
- ♦ Diploma in Natural and Orthomolecular Medicine.
- ♦ Expert in the current use of Nutricosmetics and Nutraceuticals in general.
- ♦ Expert in point-of-sale management in Pharmacies and Parapharmacies.
- ♦ Member of the Spanish Society of Probiotics and Prebiotics (SEPyP).
- ♦ Member of the Spanish Society of Dietetics (SEDCA).
- ♦ Member of the Spanish Society of Nutrition (SEÑ).

Professors

Dr. Lombó Burgos, Felipe

- ♦ Doctor in Biology from the University of Oviedo
- ♦ Professor at the university.

Dr. López López, Aranzazu

- ♦ Ph.D. in Biological Sciences
- ♦ Researcher in oral microbiology at FISABIO foundation.
- ♦ Public Health Research Center of Valencia

Dr. Méndez García, Celia

- ♦ Doctorate in Microbiology from the University of Oviedo.
- ♦ Research at Novartis Laboratories (Boston)

Dr. Gonzalez Rodríguez, Silvia P

- ♦ PhD in Medicine and Surgery from the University of Alcalá de Henares. Gynecology Specialist.
- ♦ Medical Subdirector, Research Coordinator and Clinical Chief of the Menopause and Osteoporosis Unit at the Velázquez Medical Cabinet (Madrid)

Dr. Álvarez García, Verónica

- ♦ Degree in Medicine
- ♦ Digestive system specialist at the Central Hospital of Asturias (HUCA).

Dr. Solís Sánchez, Gonzalo

- ♦ Neonatologist at the Hospital Universitario Central de Asturias (HUCA)
- ♦ Researcher, Associate Professor of the University of Oviedo

Dr. Suárez Rodríguez, Marta

- ♦ Neonatologist of the Central University Hospital of Asturias (HUCA)
- ♦ Researcher and Professor of the Master's Degree in Early Care and the Master's Degree in Critical Care Nutrition at the University of Oviedo and other training courses.

Dr. Díaz Martín, Juan José

- ♦ Pediatric gastroenterologist at the Central Hospital of Asturias (HUCA)
- ♦ Member of the Spanish Society of Pediatric Gastroenterology, Hepatology and Nutrition.
- ♦ Associate Professor of Pediatrics at the University of Oviedo

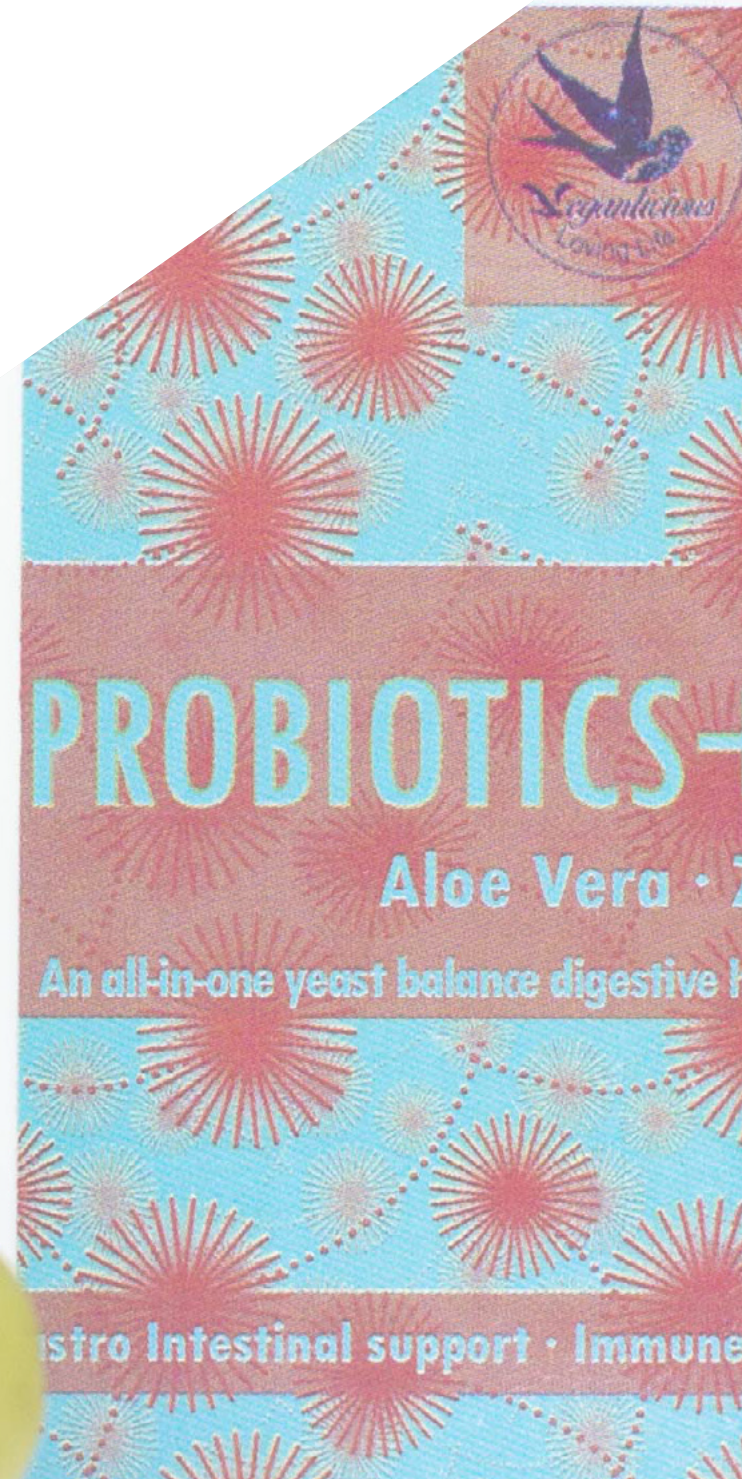
Dr. Fernández Madera, Juan José

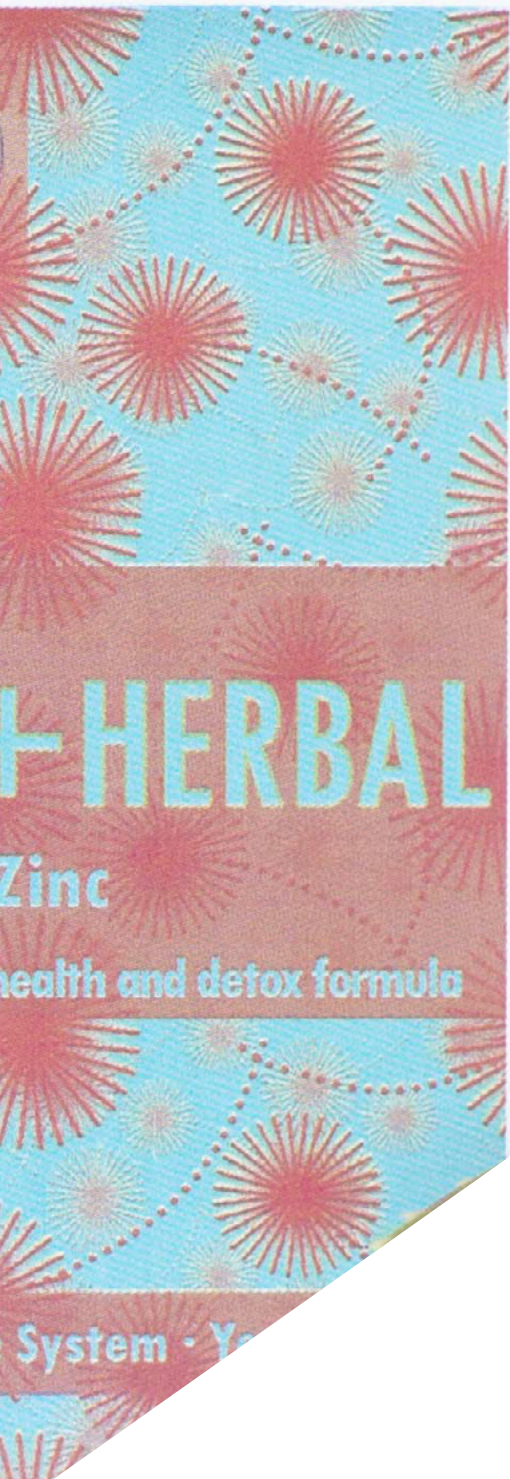
- ♦ Degree in Medicine
- ♦ Specialist in Allergology and Clinical Immunology
- ♦ Specialist in Sports Medicine

04

Structure and Content

The structure of the contents has been designed by a team of professionals from the best hospitals and universities in the country, aware of the relevance of current training to prevent, detect and intervene in those pathologies related to alterations in the human Microbiota, and committed to quality teaching through new educational technologies. All of this, with the objective of training nutritionists much more competent and prepared to design diets with Probiotics and Prebiotics that help and support the Microbiota of patients.





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Module 1. Probiotics, Prebiotics, Microbiota and Health

- 1.1. Probiotics: Definition, History, Mechanisms of Action
- 1.2. Prebiotics: Definition, Types of Prebiotics (Starch, Inulin, FOS Oligosaccharides), Mechanisms of Action
- 1.3. Clinical Applications of Probiotics and Prebiotics in Gastroenterology
- 1.4. Clinical Applications of Endocrinology and Cardiovascular Disorders
- 1.5. Clinical Applications of Probiotics and Prebiotics in Urology
- 1.6. Clinical Applications of Probiotics and Prebiotics in Gynecology
- 1.7. Clinical Applications of Probiotics and Prebiotics in Immunology. Autoimmunity, Pneumology, Dermatology, Vaccines
- 1.8. Clinical applications of Probiotics and Prebiotics in Nutritional Diseases, Obesity and Eating Disorders Metabolism, Malnutrition and Malabsorption of Nutrients
- 1.9. Clinical Applications of Probiotics and Prebiotics in Neurological Diseases. Mental Health. Old Age
- 1.10. Clinical Applications of Probiotics and Prebiotics in Critically Ill Patients Cancer
- 1.11. Dairy Products as a Natural Source of Probiotics and Prebiotics. Fermented Milk
- 1.12. Safety and Legislation in the Use of Probiotics





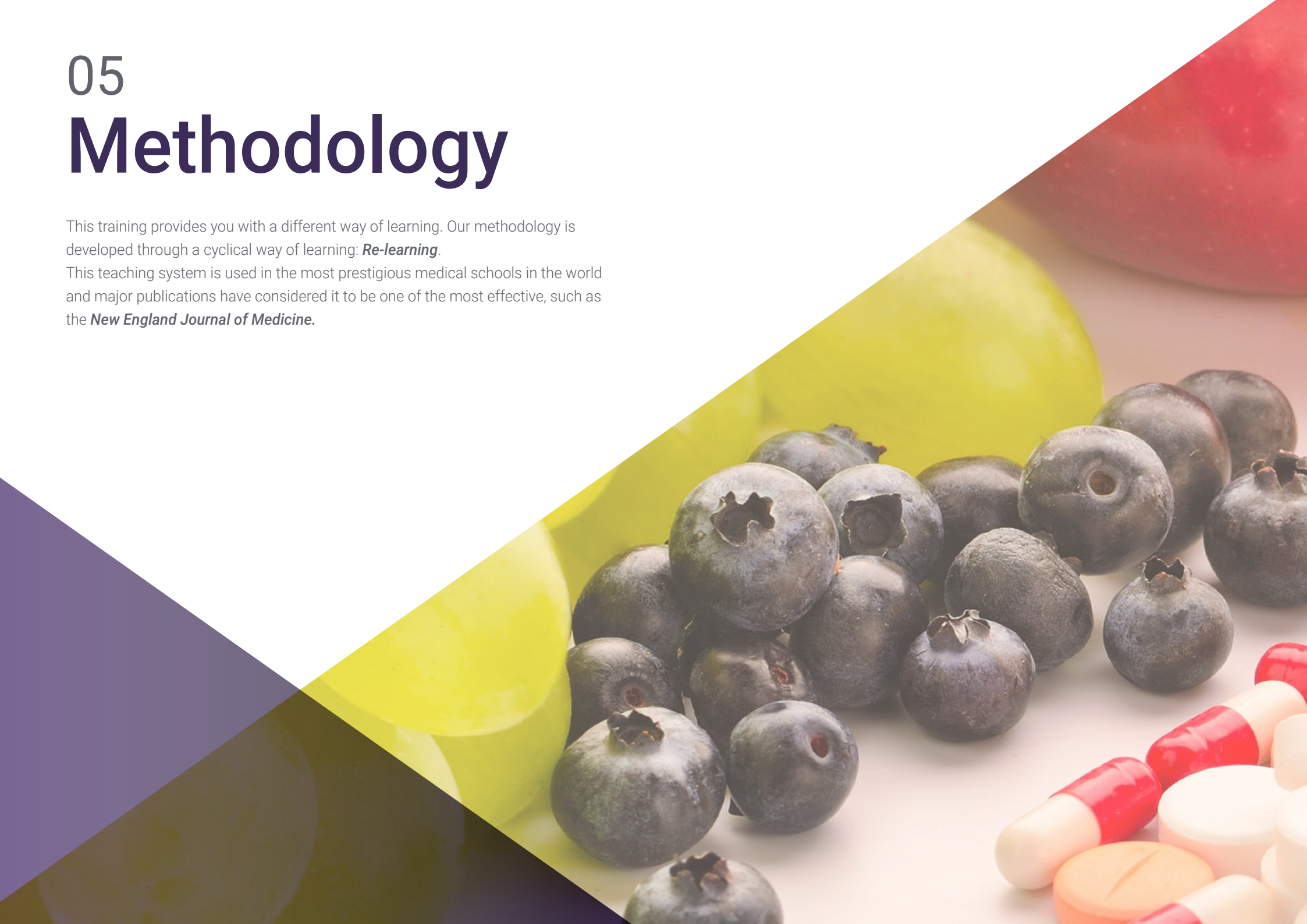
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A unique, key and decisive training experience to boost your professional development”

05 Methodology

This training provides you with a different way of learning. Our methodology is developed through a cyclical way of learning: ***Re-learning***.

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





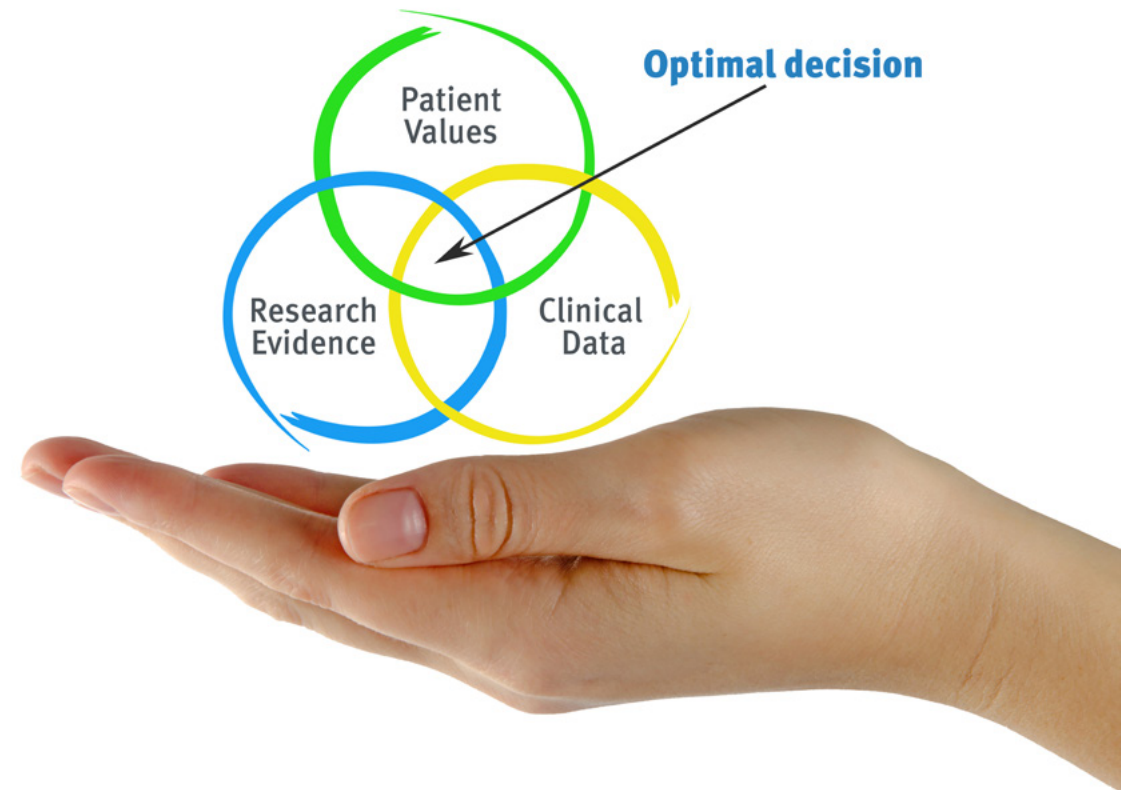
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Discover Re-learning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

In a given clinical situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Nutritionists 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 potential 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 grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning is solidly focused on practical skills that allow the nutritionist to better integrate the 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.



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 trained more than 45,000 nutritionists with unprecedented success, in all clinical specialties regardless of the manual/practical 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.

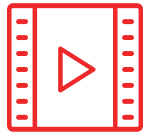
Re-learning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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

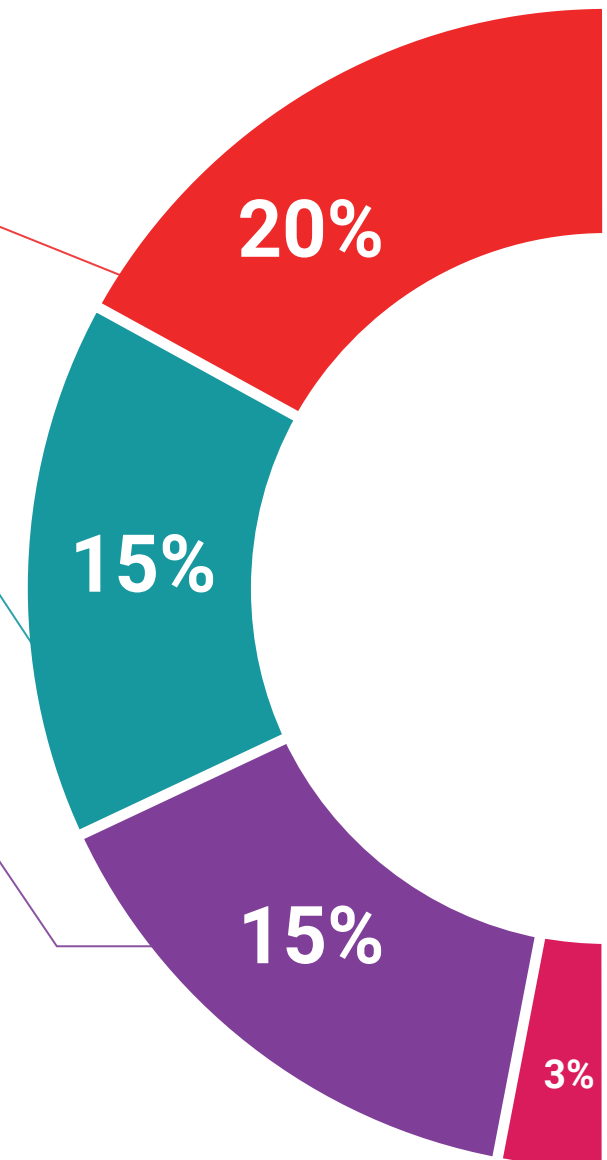
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

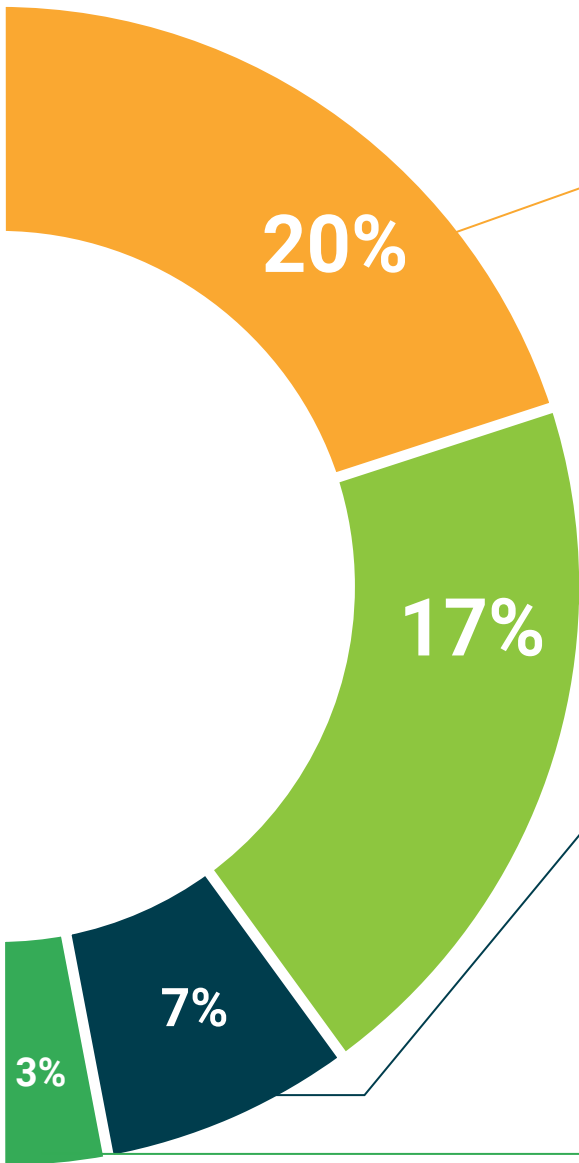
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



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 program, 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 difficult future decisions.



Quick Action Guides

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06

Certificate

The **Postgraduate Certificate in Probiotics, Prebiotics, Microbiota and Health for Nutritionists** guarantees you, in addition to the most rigorous and up-to-date training, access to a certificate issued by **TECH Technological University**.



“

Successfully complete this training and receive your certificate without travel or laborious paperwork”

This **Postgraduate Certificate in Probiotics, Prebiotics, Microbiota and Health for Nutritionists** contains the most complete and up-to-date scientific program on the market.

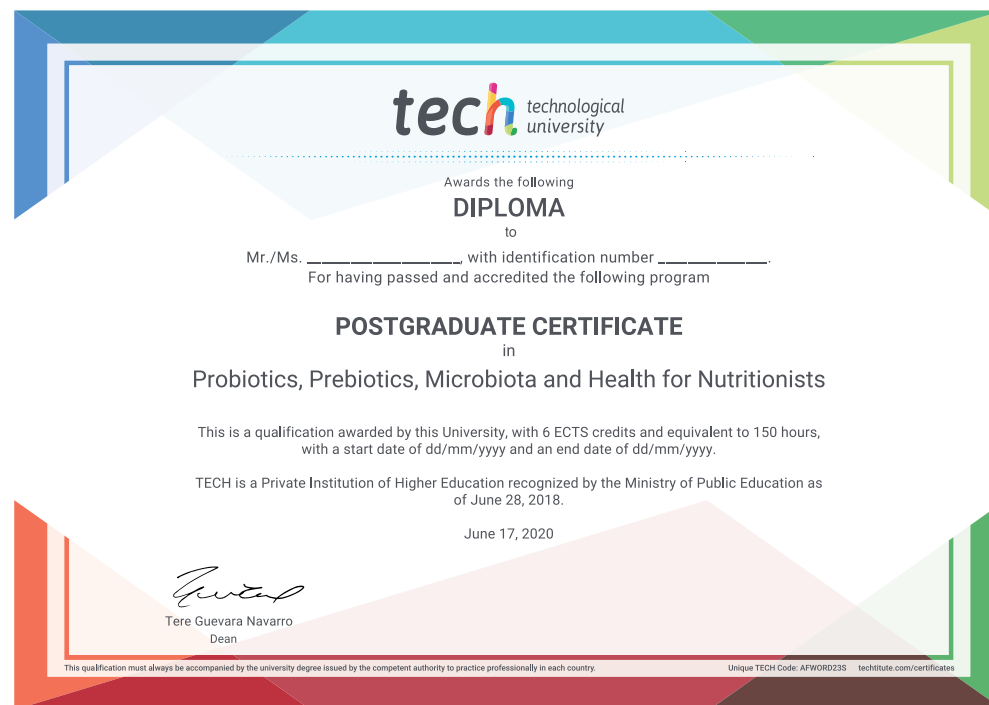
After the student has passed the evaluations, they will receive their corresponding Postgraduate certificate issued by **TECH Technological University via tracked delivery**.

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

Title: **Postgraduate Certificate in Probiotics, Prebiotics, Microbiota and Health for Nutritionists.**

ECTS: **6**

Official Number of Hours: **150**



*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

online training

development languages

virtual classroom

tech technological
university

Postgraduate Certificate

Probiotics, Prebiotics,
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for Nutritionists

Course Modality: Online

Duration: 2 months.

Certificate: TECH Technological University

Postgraduate Certificate

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