



Postgraduate Certificate
Diet and Food Supplements
in Parapharmacies.

» Modality: online

» Duration: 6 weeks

» Certificate: TECH Technological University

» Dedication: 16h/week

» Schedule: at your own pace

» Exams: online

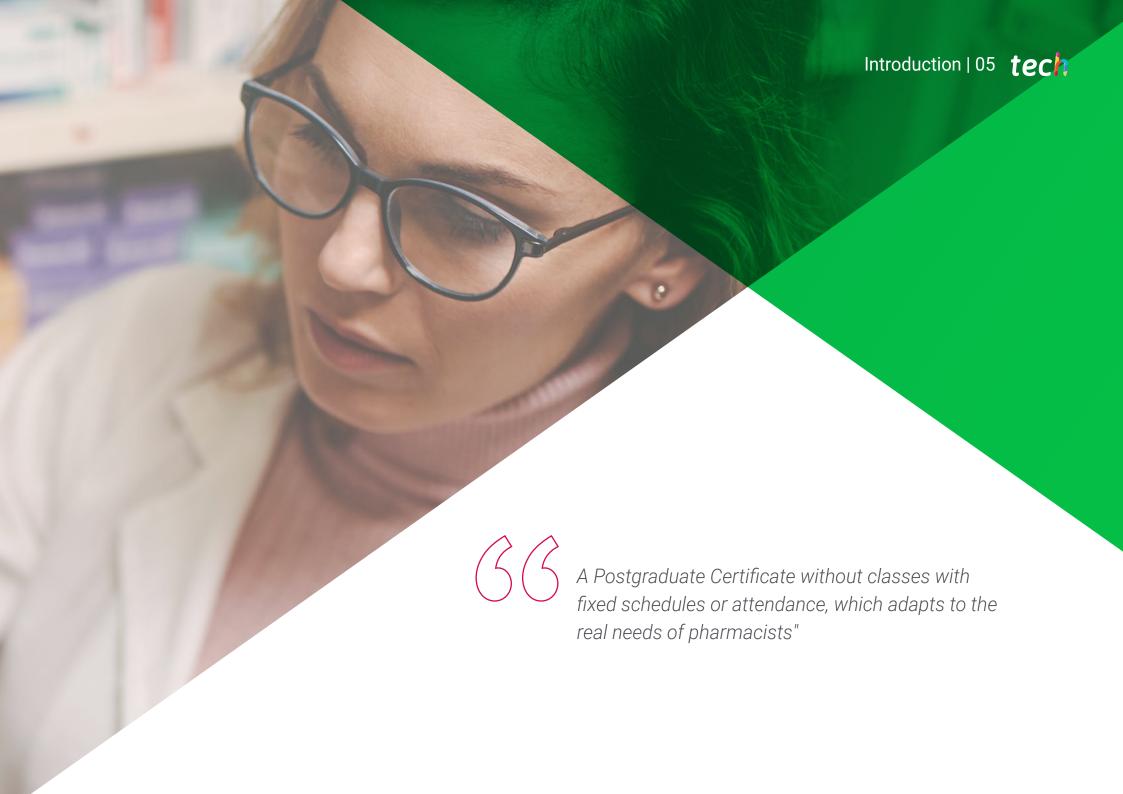
 $We bsite: {\color{blue}www.techtitute.com/in/pharmacy/postgraduate-certificate/diet-food-supplements-parapharmacies}$ 

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### tech 06 | Introduction

The Diet and Nutrition sector currently covers the needs of the population with nutritional deficits, stomach or dietary problems. However, the trend in recent years has been an increase in the target more concerned with prevention and continuous care of their state of health.

In this scenario, Parapharmacies have seen how these products are widely demanded, which forces professionals to be constantly updating their knowledge about food supplements and supplements, phytotherapy and the latest developments in the sector. For this reason, TECH has created this Diploma in Dietetics and Dietary Supplements in Parapharmacies, which provides students a quick update of only 6 weeks.

An academic itinerary that will immerse you for 150 teaching hours in the most rigorous and current information on the technological advances used in the industry, the scientific evidence on the use of medicinal plants, as well as advances in the improvement of Nutricosmetics. In addition, thanks to the innovative pedagogical resources of this program, students will be able to quickly delve into the traditional and modern galenic forms, or the most sold vitamin complexes.

This is, therefore, an excellent academic opportunity to update their knowledge with a flexible and convenient degree. The professional only needs an electronic device (cell phone, tablet or computer) with internet connection to be able to visualize, at any time of the day, the content of this program. Thus, without the need for attendance, or classes with restricted schedules, the graduate will be able to combine their daily work and/or personal activities with an avant-garde Diploma.

This **Postgraduate Certificate in Dietetics and Food Supplements in Parapharmacies** 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 Pharmacy
- 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



A qualification that will allow you to be up to date in Dietetics in Parapharmacies in just 6 weeks and with 150 teaching hours of advanced content"



If you have a digital device with internet connection you will be able to access at any time to the advanced content of this Postgraduate Certificate in Diet and Food Supplements in Parapharmacies"

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

Its 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 an immersive education programmed to learn in real situations.

This program's design focuses on Problem-Based Learning, through which the professional must try to solve the different professional practice situations that arise during the academic program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

Delves into the main nutricosmetic uses for skin and hair through innovative didactic resources.

It explores the current market for nutritional supplements and its upward trend.





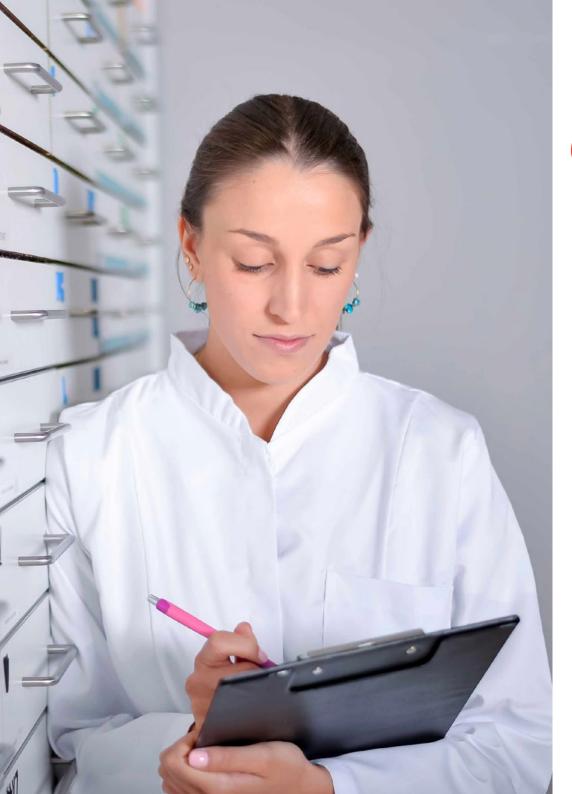
## tech 10 | Objectives



### **General Objectives**

- Broaden knowledge of Parapharmacy Management
- Enhance skills for the creation and management of online Parapharmacies
- Boosting the performance of the Parapharmacy business
- Analyze the most effective marketing strategies in the sector
- Incorporate the latest technological innovations for the start-up or adaptation of Parapharmacy projects
- Be aware of all types of products marketable through Parapharmacies
- Delve into the Parapharmaceutical market
- Implement actions of analysis and digital positioning of a Parapharmacy





### Objectives | 11 tech



### **Specific Objectives**

- Describe the differences between food supplements, nutricosmetics and food supplements
- Identify the current uses of Nutricosmetics for skin and hair
- Delve into the different types of galenic forms
- Update your knowledge on medicinal plants and their pharmacological actions



Update your knowledge on the commercialization of medicinal plants, vitamins and minerals in Parapharmacy"





### tech 14 | Course Management

### Management



### Mr. Álvarez de la Gala Pasquín, Ricardo

- CEO of Farmalinea Healthcare
- Chief Executive Officer, Marketing and Business Development Department, GNB Farma
- Group Product Manager Capital Pharma/Pharma OTC
- Account Director of several advertising agencies specialized in the Pharmaceutical Sector
- Degree in Pharmacy from the Complutense University of Madrid



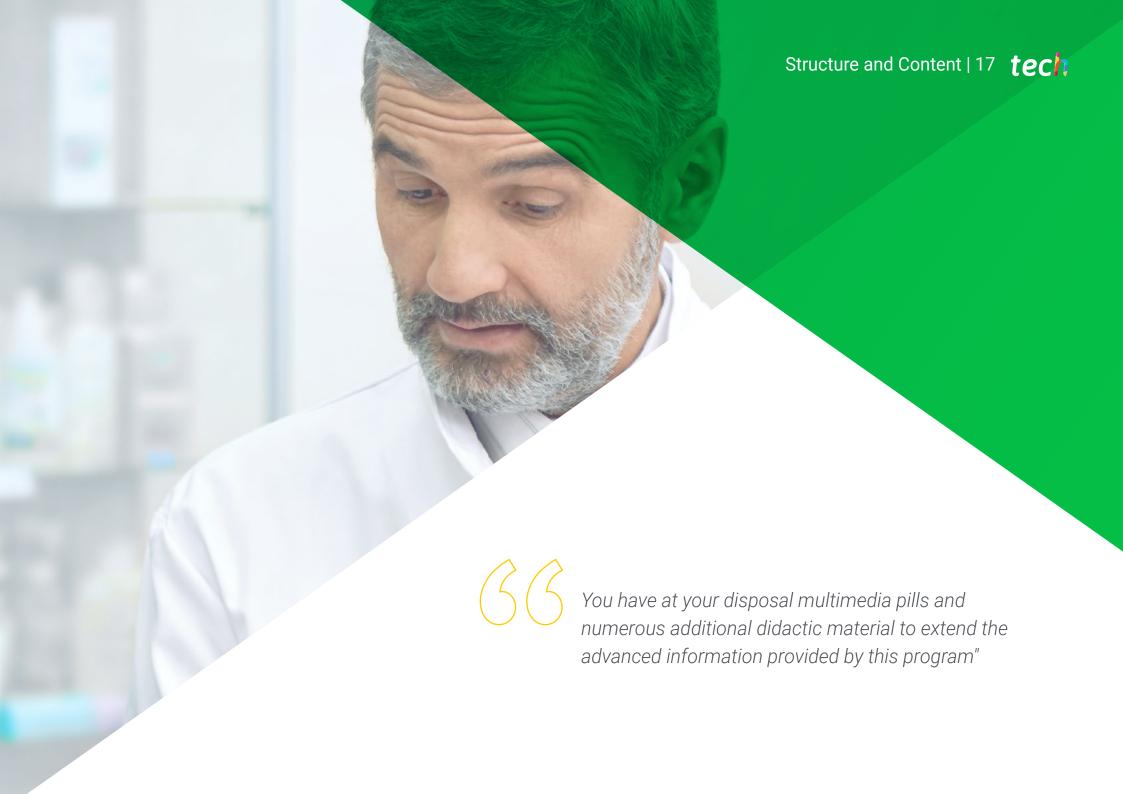
### Course Management | 15 tech

#### **Professors**

#### Ms. Torres, Yolanda

- Integrative Dietitian Consultant in Traditional Chinese Medicine and Clinical
- Psychoneuroimmunology Online and Onsite
- Founder of Ynaturae
- Team management at Laboratorios Gramar
- Master in Clinical Psychoneuroimmunology (PNIc) by the Regenera Group
- Master in Integrative Chinese Medicine
- Expert in Integrative Supplementation by ESI
- Postgraduate in Microbiota by Grupo Regenera
- Applied Pharmaceutical Phytotherapy by COFM
- Naturopathic Technician
- Dietitian by the University Alfonso X El Sabio
- Member of: Association of Acupuncturists (AAS) and the Spanish Association of Pharmacists of the of Pharmacists of the Industry (AEFI)





### tech 18 | Structure and Content

#### Module 1. Food Supplements

- 1.1. Food Supplements at XXI Century:
  - 1.1.1. Definition
  - 1.1.2. Structure
  - 1.1.3. What Is It For?
  - 1.1.4. Main Products
  - 1.1.5. Main Differences
- 1.2. Differences between food supplement, nutricosmetic and dietary supplement
  - 1.2.1. Food Supplements
  - 1.2.2. Nutricosmetics
  - 1.2.3. Dietary Supplements
  - 1.2.4. Main Differences
- 1.3. Main ingredients in food supplements
  - 1.3.1. Minerals
  - 1.3.2. Fibre
  - 1.3.3. Vitamins.
  - 1.3.4. Amino Acids
  - 1.3.5. Polyunsaturated Fatty Acids(AGPI)
  - 1.3.6. Probiotics and plants
- 1.4. Nutricosmetics
  - 1.4.1. What is Nutricosmetics?
  - 1.4.2. Cosmetic or Nutricosmetic
  - 1.4.3. Uses of Nutricosmetics: Skin
  - 1.4.4. Uses of Nutricosmetics: Hair
- 1.5. Galenic forms of food supplements
  - 1.5.1. What are galenic forms?
  - 1.5.2. Different types of dosage forms
  - 1.5.3. Traditional dosage forms
  - 1.5.4. Modern galenic forms





### Structure and Content | 19 tech

- 1.6. Dietetics and nutrition
  - 1.6.1. Differences and similarities between the two
  - 1.6.2. Branches of nutrition and dietetics
  - 1.6.3. Diets
  - 1.6.4. Types of Diets
- 1.7. Plants medicinal
  - 1.7.1. Brief introduction to Phytotherapy
  - 1.7.2. What are medicinal plants?
  - 1.7.3. What are medicinal plants used for?
  - 1.7.4. What are the main medicinal plants and their main pharmacological action?
- 1.8. Vitamins and minerals
  - 1.8.1. What kind of vitamins are sold in a Parapharmacy?
  - 1.8.2. Different types of vitamins and minerals: vitamin complexes
  - 1.8.3. Best sellers
  - 1.8.4. The vitamin market
- 1.9. The food supplements market
  - 1.9.1. Food supplements "a growing trend"
  - 1.9.2. Self-Consumption
  - 1.9.3. Which are the best sellers
  - 1.9.4. Types
- 1.10. Technology applied to dietetics
  - 1.10.1. Latest technological advances
  - 1.10.2. Technological innovation
  - 1.10.3. Major technological advances
  - 1.10.4. Main Applications

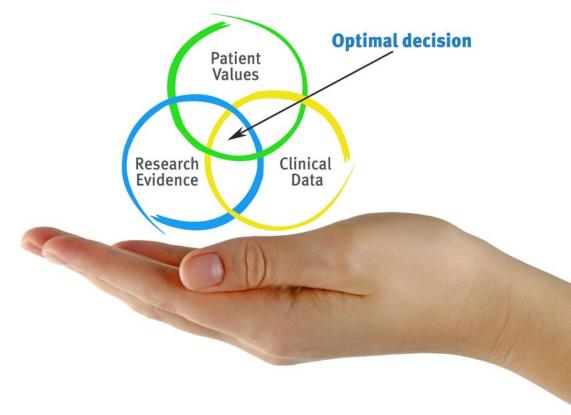


### tech 22 | Methodology

#### At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will be confronted with multiple simulated clinical cases based on real patients, in which they will have to investigate, establish hypotheses and ultimately, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Pharmacists learn better, more quickly 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, attempting to recreate the actual conditions in a pharmacist's professional practice.



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. Pharmacists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their 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.



### tech 24 | Methodology

#### Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

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.

Pharmacists 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.



### Methodology | 25 tech

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 115,000 pharmacists have been trained with unprecedented success in all clinical specialties, regardless of the surgical load. This pedagogical methodology is developed in a highly demanding environment, with a university student body with a high socioeconomic 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 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.

### tech 26 | Methodology

This program offers the best educational material, prepared with professionals in mind:



#### **Study Material**

All teaching material is created specifically for the course by specialist pharmacists who will be teaching the course, so that the didactic development is highly specific and accurate.

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.



#### **Video Techniques and Procedures**

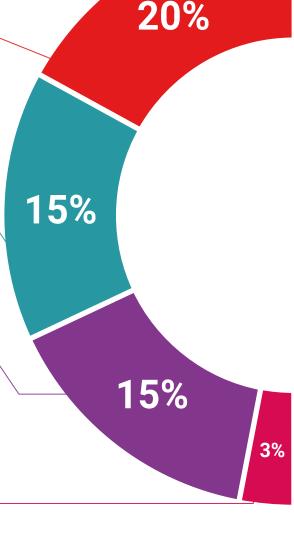
TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current pharmaceutical care procedures. All of this, first hand, and explained and detailed with precision to contribute to assimilation and a better understanding. And best of all, you can watch them as many times as you want.



#### **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.

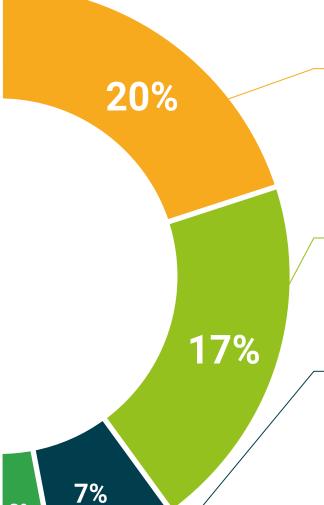
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".





#### **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, 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 & 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.







### tech 30 | Certificate

This **Postgraduate Certificate** in **Diet and Food Supplements** in **Parapharmacies** 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.

Program: Postgraduate Certificate Diet and Food Supplements in Parapharmacies.

Official No of hours: 150 h.



<sup>\*</sup>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.

technological university



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- » Dedication: 16h/week
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- » Exams: online

