

# Postgraduate Diploma

Nutrition in Overweight, Obesity and  
their Comorbidities in Diet Therapy





## Postgraduate Diploma

### Nutrition in Overweight, Obesity and their Comorbidities in Diet Therapy

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/physiotherapy/postgraduate-diploma/postgraduate-diploma-nutrition-overweight-obesity-comorbidities-diet-therapy](http://www.techtute.com/us/physiotherapy/postgraduate-diploma/postgraduate-diploma-nutrition-overweight-obesity-comorbidities-diet-therapy)

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# 01

# Introduction

Obesity and overweight are two problems that affect a large part of society. It is a condition that seriously interferes with people's quality of life, limiting their activities and contributing to the appearance of various diseases, especially cardiovascular diseases. Among the agents that can intervene in the fight against this situation are physiotherapy specialists who, with their in-depth knowledge of the development of the human body and its functioning, can combine physical and nutritional therapies to try to benefit patients. For this, they can count on this very complete program, which includes the most dynamic and updated content on nutrition in the prevention of overweight, obesity and its comorbidities. A 100% online, austere and intensive program with which you can get up to date in only 450 hours thanks to TECH.





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*A 100% online program to work on the latest developments related to food, health and disease prevention through the most effective nutritional recommendations"*

The social and cultural changes that have taken place in recent years have also modified people's lifestyle patterns, increasing sedentary lifestyles and influencing eating habits, which are often based on the intake of ultra-processed products or products with high fat and carbohydrate content. This has led to a significant increase in cases of overweight and obesity, not only in adults, but also in children and adolescents.

For this reason, and given the continuous increase in these figures, more and more professionals are deciding to get involved in their fight, among which are the specialists of Physiotherapy. For this reason, and with the aim of providing them with detailed knowledge of the latest developments related to nutrition, health and disease prevention, TECH has developed this complete, dynamic and intensive program. This is an austere program that delves into the current problems and recommendations for the general population, as well as for different groups: athletes, pregnant women, the elderly, vegetarians, etc. It also delves into the assessment of nutritional status and the calculation of personalized plans, including the keys to proper follow-up. Finally, it places special emphasis on overweight, obesity and their associated comorbidities, working intensively on the keys to their prevention.

All of this through a 100% online program that includes 450 hours of the best theoretical, practical and additional content presented in different formats: detailed videos, dynamic summaries of each unit, images, real clinical cases, research articles and complementary readings. In short: everything a graduate needs to get up to date in an exhaustive way and with the convenience of being able to do it from any place and with a schedule totally adapted to their availability.

This **Postgraduate Diploma in Nutrition in Overweight, Obesity and their Comorbidities in Diet Therapy** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ The development of practical cases presented by experts in Nutrition and Endocrinology
- ♦ 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



*An austere and intensive program that will bring you up to date on the ins and outs of calculating personalized nutritional plans, as well as the recommendations for their correct follow-up"*



“

*You will have the best additional content: images, detailed videos, research articles and complementary readings to delve into aspects of the syllabus such as nutritional education”*

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.

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.

*You will be able to delve into the latest nutritional recommendations related to elderly patients, adults and children.*

*You will work on anthropometry and body composition through the latest scientific evidence that has emerged around Diet Therapy and Endocrinology.*



# 02 Objectives

The general concern that exists regarding the increase in cases of overweight or obese patients, both in adults and in young people and children, and the intention of increasingly frequent participation by specialists in Physical Therapy to alleviate this situation, is what has led TECH to develop this program. Therefore, the objective of the same is to guide the graduate in their update through the most comprehensive and dynamic agenda, providing the most innovative academic tools that allow them to exceed their own academic expectations in less than 450 hours.







“

*A program designed to exceed your expectations in a comprehensive and guaranteed way through the use of the most innovative pedagogical methodology in the university sector: Relearning"*



## General Objectives

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- ♦ Broaden knowledge and incorporate advanced and innovative knowledge in food and nutrition in the daily clinical practice of the specialist
- ♦ Revise the fundamental aspects of healthy eating, with a current approach aimed at risk prevention
- ♦ Delve into the correct management of daily nutrition
- ♦ Examine the most common syndromes and symptoms related to nutritional problems

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*You will see how you will be able to employ what has been developed in the syllabus from the beginning of the academic experience”*





## Specific Objectives

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### **Module 1. Food, Health and Disease Prevention: Current Issues and Recommendations for the General Population**

- ♦ Analyze patient's eating habits, as well as their problems and motivation
- ♦ Update nutritional recommendations based on scientific evidence for their application in clinical practice
- ♦ Prepare for the design of nutritional education strategies and patient care

### **Module 2. Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring**

- ♦ Adequate assessment of the clinical case, interpretation of causes and risks
- ♦ Personalized calculation of nutritional plans taking into account all individual variables
- ♦ Draw up nutritional plans and models in order to provide comprehensive and practical recommendations

### **Module 3. Nutrition in Overweight, Obesity and their Comorbidities**

- ♦ Adequate assessment of the clinical case, interpretation of causes of overweight and obesity, comorbidities and risks
- ♦ Calculate and individually prescribe the different models of hypocaloric diets
- ♦ Plan consultations and multidisciplinary team in obesity

# 03

# Course Management

TECH places special emphasis on the constitution of the teaching staff of its programs, as it considers that this is a strong point that will help the graduate in their update. For this reason, for this Postgraduate Diploma, TECH, has selected a team who are well-versed professionals in Endocrinology and Nutrition. A group of specialists with a wide and extensive experience in the clinical management of patients with overweight and obesity, which, being currently working, know in detail the latest dietary trends that are having better results.







“

*For this Postgraduate Diploma, the teaching team has selected clinical cases from their own practices so that you can work in a practical way in the use of the nutritional strategies developed in the syllabus"*

## Management



### Dr. Sánchez Jiménez, Álvaro

- ♦ Specialist in Nutrition and Endocrinology at Jiménez Díaz Foundation University Hospital
- ♦ Nutritionist at Medicadiet
- ♦ Clinical Nutritionist specialized in Prevention and Treatment of Obesity, Diabetes and their Comorbidities
- ♦ Nutritionist in the Predimed Plus Study
- ♦ Nutritionist at Eroski
- ♦ Nutritionist at Axis Clinic
- ♦ Professor of the Master's Degree in Obesity and Comorbidities at the Rey Juan Carlos University
- ♦ Professor at the Course of Excellence in Obesity at the University Hospital Fundación Jimenez Díaz
- ♦ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid.
- ♦ Nutrition and Food for the Elderly by the Complutense University of Madrid
- ♦ Nutrition and Sports for Professionals by the Fundación Tripartita
- ♦ Refresher Course on Practical Diabetes Type 1 and 2 for Health Professionals





### **Dr. Vázquez Martínez, Clotilde**

- Corporate Head in the University Hospital Endocrinology and Nutrition Departments, Fundación Jiménez Díaz
- Head of the Endocrinology and Nutrition Service at Ramón y Cajal University Hospital
- Head of the Endocrinology and Nutrition Service at Severo Ochoa University Hospital
- President of The Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid SENDIMAD ()
- Coordinator Therapeutic Education Group Group of the Spanish Society of Diabetes
- Doctor of the Faculty of Medicine of the Autonomous University of Madrid
- Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia.
- Specialist in Endocrinology and Nutrition via Medical Residency by the University Hospital Fundación Jimenez Díaz
- Abraham García Almansa Clinical Nutrition Lifetime Achievement Award
- Recognized among the 100 best Doctors in Spain according to Forbes list
- Castilla - La Mancha Diabetes Foundation (FUCAMDI) Diabetes and Nutrition Lifetime Achievement Award



### Dr. Montoya Álvarez, Teresa

- ♦ Head of the Endocrinology and Nutrition Service of the Infanta Elena University Hospital
- ♦ Head of Volunteering at the Garrigou Foundation
- ♦ Graduate in Medicine and Surgery from Universidad de Navarra
- ♦ Master's Degree in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ♦ Course in Bariatric Antecedents of Surgery Patient Emergencies: Key References for the Attending Physician
- ♦ Member of: Institute for Health Research Foundation Jiménez Díaz, Health Commission of FEAPS Madrid and Trisomy 21 Research Society

## Professors

### Mr. Martínez Martínez, Alberto

- ♦ Clinical Nutrition in the Endocrinology and Nutrition Service of the HU Infanta Elena
- ♦ Clinical Nutritionist of Endocrinology and Nutrition Department of the university Rey Juan Carlos Hospital
- ♦ Dietitian responsible for the menu of children with food allergy. Gastronomic
- ♦ Dietician- Clinical Nutritionist at the University Hospital Antonio
- ♦ Degree in Human Nutrition and Dietetics. Fluminense Federal University
- ♦ Graduate in Human Nutrition and Dietetics at the University of Valencia.
- ♦ Master's Degree in Agri-environmental and Agri-food Sciences. Autonomous University of Madrid

### Dr. Núñez Sanz, Ana

- ♦ Dietician and nutritionist, expert in pregnancy, breastfeeding and infancy
- ♦ López-Nava Obesity Nutritionist.
- ♦ Nutritionist at Medicadiet
- ♦ *Freelance* Dietitian and nutritionist
- ♦ Dietitian and nutritionist at Menudiet SL
- ♦ Contributor on food and nutrition in Castilla La Mancha Television.
- ♦ Promoter of talks and workshops on healthy eating for kindergartens, schools and companies.
- ♦ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ♦ Master's Degree in Nutrition and Health at the Open Official of Catalonia

**Dr. Prieto Moreno, Ana**

- ♦ Nutritionist in the Department of Endocrinology and Nutrition at University Hospital Fundación Jiménez
- ♦ Nutritionist at the General Hospital of Villalba
- ♦ Nutritionist at the Infanta Elena University Hospital
- ♦ Nutritionist in the Superior Sports Council
- ♦ Nutritionist at the WWF
- ♦ Nutritionist at Medicadiet
- ♦ Nutritionist at anitas Sociedad Anónima de Seguros
- ♦ Nutritionist at La Paz University Hospital
- ♦ Nutritionist at Fundación Mapfre
- ♦ Nutritionist at Copernal Publishing
- ♦ Nutritionist at Revista Diabetes
- ♦ Master's Degree in Obesity and its Comorbidities, Prevention Strategies, Diagnosis and Integral Treatment at the University of Alcalá
- ♦ Master's Degree in Physical Anthropology, Human Evolution and Biodiversity at the Complutense University of Madrid
- ♦ Degree in Human Nutrition and Dietetics at the Autonomous University of Madrid

**Dr. Gutiérrez Pernia, Belén**

- ♦ Obesity Nutritionist at Medicadiet
- ♦ López-Nava Obesity Nutritionist Madrid
- ♦ Dietitian and Nutritionist in Research Projects of Predimed Plus
- ♦ Grade in Human Nutrition and Dietetics from the Autonomous University of Madrid.
- ♦ Master's Degree in Clinical Nutrition and Endocrinology at the Institute of Nutrition and Health Sciences

**Dr. Miguélez González, María**

- ♦ Attending Physician of Endocrinology and Nutrition at the University Hospital Jiménez Díaz Foundation. of Madrid
- ♦ Degree in Medicine from the University of Valladolid
- ♦ Collaborating lecturer in seminars given to students at the Complutense University of Madrid.
- ♦ Professor of the Master Expert in Obesity and Metabolic Complications, endorsed by SEEDO

**Dr. Fernández Menéndez, Amanda**

- ♦ Doctor Specialist in Pediatric Endocrinology and Nutrition at the University Hospital Fundación Jimenez Diaz
- ♦ Specialist in Pediatrics, Centro de Salud Doctor Castroviejo( SERMAS)
- ♦ Attending physician specializing in Pediatric Endocrinology and Nutrition at La Paz University Hospital.
- ♦ International Cooperation in Health and Development in India (development of health projects in the field)
- ♦ Degree in Medicine and Surgery from the Autonomous University of Madrid.
- ♦ Master's Degree in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ♦ Expert in Clinical Bioethics from the Complutense University

**Ms. Labeira Candel, Paula**

- ♦ Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- ♦ Sports and clinical nutritionist at the Clinical Institute of Overweight and Obesity
- ♦ Nutritionist Sports and Clinical at Medicadiet, Slimming & Nutrition
- ♦ Sports Nutritionist at the CF Trivalderas de Alcorcón
- ♦ Food and water quality analyst in the Andalusian Health Service.
- ♦ Diploma in Human Nutrition and Dietetics at the Pablo Olavide University of Seville
- ♦ Bachelor 's Degree in Food Science and Technology.
- ♦ Diploma in Human Nutrition and Dietetics
- ♦ Master's Degree in Sports Training and Nutrition at the European University of Madrid

**Dr. Sanz Martínez, Enrique**

- ♦ Clinical Nutritionist at the University Hospital General de Villalba and Rey Juan Carlos University Hospital.
- ♦ Dietitian in the project PLUS researcher in the Health Research Institute of the Jiménez Diaz Foundation
- ♦ Researcher and collaborator in the NUTRICOVID study.
- ♦ Researcher and collaborator in the cross-sectional prospective OBESTIGMA study.
- ♦ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid.
- ♦ Master's Degree in Clinical Nutrition at the Catholic University of San Antonio in Murcia.
- ♦ Master's Degree in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos

**Ms. López Escudero, Leticia**

- ♦ Nutritionist at Diet Clinic
- ♦ Dietician and clinical nutritionist at the Jiménez Díaz Foundation University Hospital.
- ♦ Dietician and Clinical Nutritionist at the University Hospital Infanta Elena
- ♦ Professor in graduate studies Degree in Human Nutrition and Dietetics
- ♦ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ♦ Master's Degree in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ♦ Master's Degree in Nutrition in Physical Activity and Sport, Open University of Catalunya (UOC)

**Dr. Alcarria Águila, María del Mar**

- ♦ Clinical Nutritionist at Medicadiet
- ♦ Clinical Obesity Nutritionist López-Nava
- ♦ Dietitian and Nutritionist in Predimed-Plus
- ♦ Grade in Human Nutrition and Dietetics from the Complutense University of Madrid.
- ♦ Master's Degree in Sports Nutrition and Training from the Institute of Nutrition and Health Sciences (ICNS)



| Sunday   | Saturday   | Friday   | Thursday   | Wednesday   | Tuesday  | Monday   |
|--|--|--|--|---|--|--|
| Breakfast<br>Porridge with dried<br>figs and seeds | Breakfast<br>Scrambled eggs,<br>grilled tomato and<br>2 slices of<br>wholemeal toast | Breakfast<br>2 fortified whole-<br>meal, semi-<br>skimmed milk and<br>chopped banana | Breakfast<br>Small can of<br>reduced sugar<br>cereal with milk | Breakfast<br>Bran flakes, semi-<br>skimmed milk and<br>chopped banana | Breakfast<br>2 slices wholemeal<br>toast with peanut<br>butter | Breakfast<br>1/2 added sugar<br>cereal, semi-<br>skimmed milk and<br>2 wholemeal crackers in<br>butter |
| Tea  | Small glass (150ml)<br>orange juice  | Small glass (150ml)<br>orange juice  | Skimpy latte<br>toast  | Tea   | Skimpy latte<br>Small glass (150ml)<br>orange juice            | Small glass (150ml)<br>orange juice  |
| Small glass (150ml)<br>apple juice                 | Small glass<br>orange juice  | Small glass (150ml)<br>orange juice  | Small can of<br>reduced sugar<br>cereal with milk              | Small can of<br>reduced sugar<br>cereal with milk                     | Small glass (150ml)<br>orange juice                            | Small glass (150ml)<br>orange juice  |
| Small glass (150ml)<br>apple juice                 | Small glass<br>orange juice  | Small glass (150ml)<br>orange juice  | Small can of<br>reduced sugar<br>cereal with milk              | Small can of<br>reduced sugar<br>cereal with milk                     | Small glass (150ml)<br>orange juice                            | Small glass (150ml)<br>orange juice  |
| Small glass (150ml)<br>apple juice                 | Small glass<br>orange juice  | Small glass (150ml)<br>orange juice  | Small can of<br>reduced sugar<br>cereal with milk              | Small can of<br>reduced sugar<br>cereal with milk                     | Small glass (150ml)<br>orange juice                            | Small glass (150ml)<br>orange juice  |



# 04

## Structure and Content

TECH has become one of the best online universities in the world, not only because of the wide range of degrees it offers, but also because of their high quality. This is possible thanks to the participation of the teaching team in the development of the syllabus and the use of the most avant-garde and effective pedagogical methodology, *Relearning*. Furthermore, and as a plus, each of the modules includes hours of additional high quality material in different formats that provide versatility, dynamism and a practical character that makes the difference.







“

*You will be able to delve into the latest developments in the pathophysiology of obesity, as well as in the analysis of the underlying causes, implementing the best nutritional recommendations in your physiotherapeutic practice”*

## Module 1. Food, Health and Disease Prevention: Current Issues and Recommendations for the General Population

- 1.1. Feeding Habits in the Current Population and Health Risks
- 1.2. Mediterranean and Sustainable Diet
  - 1.2.1. Recommended Dietary Pattern
- 1.3. Comparison of Dietary Patterns or "Diets"
- 1.4. Nutrition in Vegetarians
- 1.5. Childhood and Adolescence
  - 1.5.1. Nutrition, Growth and Development
- 1.6. Adults
  - 1.6.1. Nutrition for the Improvement of Quality of Life
  - 1.6.2. Prevention
  - 1.6.3. Treatment of disease
- 1.7. Pregnancy and Lactation Recommendations
- 1.8. Recommendations in Menopause
- 1.9. Advanced Age
  - 1.9.1. Nutrition in Aging
  - 1.9.2. Changes in Body Composition
  - 1.9.3. Abnormalities
  - 1.9.4. Malnutrition
- 1.10. Nutrition in Athletes

## Module 2. Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring

- 2.1. Medical History and Background
  - 2.1.1. Individual Variables Affecting Nutritional Plan Response
- 2.2. Anthropometry and Body Composition
- 2.3. Assessment of Eating Habits
  - 2.3.1. Nutritional Assessment of Food Consumption
- 2.4. Interdisciplinary Team and Therapeutic Circuits
- 2.5. Calculation of Energy Intake
- 2.6. Calculation of Recommended Macro- and Micronutrient Intakes



- 
- 2.7. Quantity and Frequency of Food Consumption Recommendations
    - 2.7.1. Feeding Models
    - 2.7.2. Planning
    - 2.7.3. Distribution of Daily Feedings
  - 2.8. Diet Planning Models
    - 2.8.1. Weekly Menus
    - 2.8.2. Daily Intake
    - 2.8.3. Methodology by Food Exchanges
  - 2.9. Hospital Nutrition
    - 2.9.1. Dietary Models
    - 2.9.2. Decision Algorithms
  - 2.10. Educational
    - 2.10.1. Psychological Aspects
    - 2.10.2. Maintenance of Feeding Habits
    - 2.10.3. Discharge Recommendations

### Module 3. Nutrition in Overweight, Obesity and their Comorbidities

- 3.1. Pathophysiology of Obesity
  - 3.1.1. Precision Diagnosis
  - 3.1.2. Analysis of Underlying Causes
- 3.2. Phenotypic Diagnosis
  - 3.2.1. Body Composition and Calorimetry and Impact on Personalized Treatment
- 3.3. Treatment Target and Hypocaloric Diet Models
- 3.4. Prescription of Physical Exercise in Overweight and Obesity
- 3.5. Psychology Associated with Slimming Nutrition: Psychonutrition
- 3.6. Comorbidities Associated with Obesity
  - 3.6.1. Nutritional Management in Metabolic Syndrome
  - 3.6.2. Insulin Resistance
  - 3.6.3. Type 2 Diabetes and Diabetes
- 3.7. Cardiovascular Risk and Nutritional Adaptations in Hypertension, Dyslipidemias and Atherosclerosis
- 3.8. Digestive Pathologies Associated with Obesity and Dysbiosis
- 3.9. Pharmacological Treatment in Obesity and Drug-Nutrient Interactions and Adaptation of the Nutritional Plan
- 3.10. Bariatric and Endoscopic Surgery
  - 3.10.1. Nutritional Adaptations

# 05 Methodology

This 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.







“

*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. Physiotherapists/kinesiologists 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 of professional physiotherapy 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. Physiotherapists/kinesiologists 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 process has a clear focus on practical skills that allow the physiotherapist/kinesiologist 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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*The physiotherapist/kinesiologist 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 we enabled more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the workload. Our educational 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 education, 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 our 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 really specific and precise.

These contents are then adapted in 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.



#### Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy 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, students can watch them as many times as they 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.

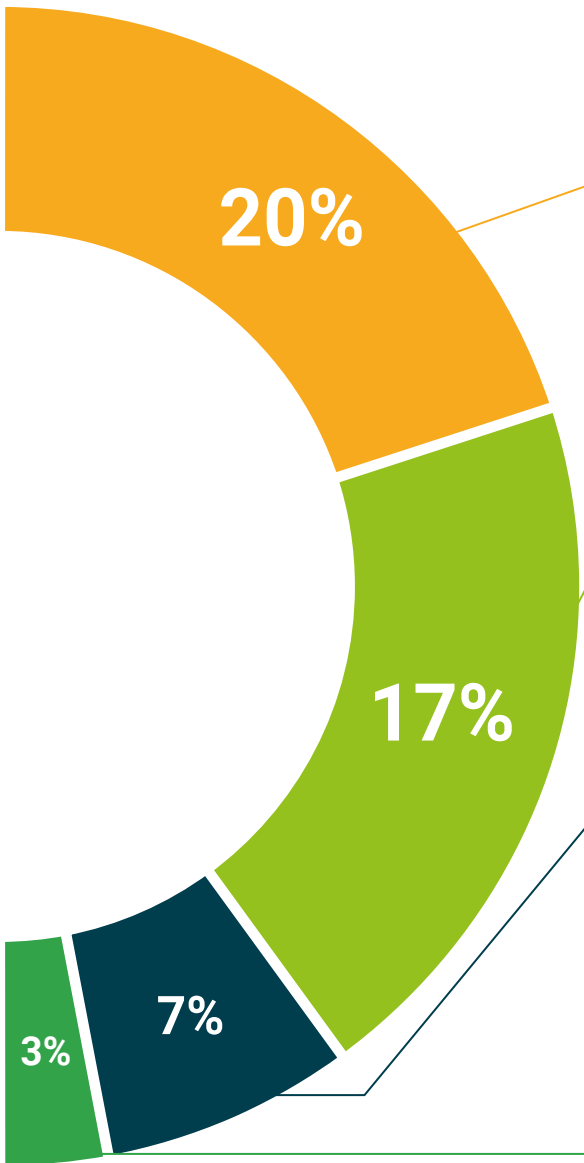
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 assess and re-assess 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.



# 06 Certificate

The Postgraduate Diploma in Nutrition in Overweight, Obesity and their Comorbidities in Diet Therapy guarantees, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.





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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"*

This program will allow you to obtain your **Postgraduate Diploma in Nutrition in Overweight, Obesity and their Comorbidities in Diet Therapy** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Nutrition in Overweight, Obesity and their Comorbidities in Diet Therapy**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University 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 comm  
personalized service innovation  
knowledge prese  
online training  
development languages  
virtual classroom



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