

SYLLABUS

1. COURSE DESCRIPTION

Degree:	Nutrition and Dietetics
Course:	Nutrition and Life Cycle
Module:	Molecular Biology and Biochemical Engineering
Department:	Health Science
Academic Year:	2017-18
Term:	First
ECTS credits:	6
Year:	2nd year
Type:	Compulsory
Language:	Spanish

Course Model:	B1	
a. Basic learning (EB):		60 %
b. Practical learning (EPD):		40 %



SYLLABUS

2. LECTURERS

Coordinator	
Name:	Genoveva Berná Amorós
School:	School of Experimental Sciences
Department:	Molecular Biology and Biochemical Engineering
Area:	Nutrition and Bromatology
Office Hours:	Tuesdays, Thursdays and Fridays: 09.30-11.30 (please, previous appointment through e-mail)
Office:	22.B09
E-mail:	gberamo@upo.es
Phone:	954977943

SYLLABUS

3. TOPICS

BASIC LEARNING (EB):

1. FOUNDATIONS OF NUTRITION:

UNIT 1. Introduction to nutrition: concept and background. Nutritional value of food.

UNIT 2. Energy balance and body weight.

UNIT 3. Body composition and assessment of nutritional status.

UNIT 4. Nutritional requirements of the human being.

2. NUTRITION AND METABOLISM:

UNIT 5. Nutrition and metabolism in carbohydrates.

UNIT 6. Nutrition and metabolism in lipids.

UNIT 7. Nutrition and metabolism in proteins.

UNIT 8. Interactions of the energy metabolism of the different nutrients.

UNIT 9. Nutrition and metabolism in micronutrients: vitamins, minerals.

UNIT 10. Nutrition and metabolism in water.

3. NUTRITION IN THE LIFE CYCLE:

UNIT 11. Nutrition during pregnancy and breast-feeding.

UNIT 12. Nutrition in childhood and adolescence.

UNIT 13. Nutrition for elderly.

PRACTICAL LEARNING (EPD):

Practice 1: Energy metabolism. Energy use calculation.

Practice 2: Assessment of nutritional status I: Evaluation of body composition I.

Practice 3: Determination of creatinine in urine.

Practice 4: HC Metabolism: analysis of the blood glucose curve.

Practice 5: Metabolism of proteins.

Practice 6: Assessment of dietary intake of iron and degree of absorption.