

Información del Plan Docente

Academic Year	2017/18
Faculty / School	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	441 - Degree in Human Nutrition and Dietetics
ECTS	6.0
Year	2
Semester	Half-yearly
Subject Type	Compulsory
Module	---

1.General information**1.1.Introduction****1.2.Recommendations to take this course****1.3.Context and importance of this course in the degree****1.4.Activities and key dates****2.Learning goals****2.1.Learning goals****2.2.Importance of learning goals****3.Aims of the course and competences****3.1.Aims of the course****3.2.Competences****4.Assessment (1st and 2nd call)****4.1.Assessment tasks (description of tasks, marking system and assessment criteria)****5.Methodology, learning tasks, syllabus and resources****5.1.Methodological overview**

The methodology followed in this course is oriented towards achievement of the learning objectives. It favors the acquisition of knowledge related to public health. A wide range of teaching and learning tasks are implemented, such as lectures, practice sessions and team work.

Students are expected to participate actively in the class throughout the semester.

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Classroom materials will be available via Moodle. These include a repository of the lecture notes used in class, the course syllabus, as well as other course-specific learning materials.

Further information regarding the course will be provided on the first day of class.

5.2.Learning tasks

The course includes 6 ECTS organized according to:

- Lectures (1,2 ECTS): 30 hours.
- Practice Sessions and Team Work (1,2 ECTS): 30 hours.
- Tutorized autonomous work (3,6 ECTS): 90 hours.

5.3.Syllabus

Introduction

Concepts of Health and Public Health

National and international organizations related to nutrition

Determinants of health and nutrition

Health and nutritional habits

Health planning

Nutrition Health Programs

Measures of frequency and indicators

Measures of association

Nutrition, health and illness

The Health System

5.4.Course planning and calendar

For further details concerning the timetable, classroom and further information regarding this course please refer to the Facultad de Ciencias de la Salud y el Deporte, website (<https://fccsyd.unizar.es/academico/horarios-y-CALENDARIOS>)

5.5. Bibliography and recommended resources

- Obesity and Inequities. Guidance for addressing inequities in overweight and obesity. World Health Organization 2014
- Council Conclusion on Nutrition and Physical Activity. The European Union (2014/C 213/01)
- Nutrición y salud pública : métodos, bases científicas y aplicaciones / editores, Lluís Serra Majem, Javier Aranceta Bartrina ; editor asociado, José Mataix Verdú ; secretarías de redacción, Lourdes Ribas Barba, Carmen Pérez Rodrigo ; con 126 colaboradores ; prólogo de Ricardo Uauy . 2ª ed. Barcelona ; Madrid [etc.] : Masson, 2006
- Medicina preventiva y salud pública / directores, Antonio Sierra López ... [et al.] ; directores asociados, Fernando Rodríguez Artalejo ... [et al.] . 11ª ed. Barcelona [etc.] : Masson, 2008
- Manual on methodology for food consumption studies / Margaret E. Cameron and Wija A. van Staveren, editors Oxford [etc.] : Oxford University Press, 1988
- Martínez Hernández, J. Alfredo. Alimentación y salud pública / J. Alfredo Martínez Hernández, Iciar Astiasarán Anchía, Herlinda Madrigal Fritsch . 2a. ed Madrid, etc : McGraw-Hill Interamericana, D.L. 2001
- SERRA MAJEM LL y cols. Nutrición y Salud Pública: Métodos, bases científicas y aplicaciones (2ªed). Barcelona: Masson, 2006.
- PIEDROLA G. et al. Medicina Preventiva y Salud Pública. 11ª ed.. Barcelona: Elsevier, 2008.
- Bowman BA y Russel RM. Conocimientos actuales sobre Nutrición (8ª ed). Washington: OPS, 2003.
- CAMERON M.E. and VAN STAVEREN W.A. Manual on Methodology for Food Consumption Studies. Oxford: Oxford Medical Publications, 1988.
- MARTINEZ HERNÁNDEZ JA, ASTIASARÁN ANCHÍA I, MADRIGAL FRITSCH H. Alimentación y Salud Pública. Madrid: McGraw-Hill Interamericana, 2001.
- ROYO BORDONABA A. Nutrición en Salud Pública. Madrid: Ministerio de Sanidad, 2007.
- Serrano Ríos M. Nutrición y alimentación: nuevas perspectivas. Madrid: Díaz de Santos, 2008.
- WHO. Diet, nutrition and the prevention of chronic diseases. Geneva, 2003.
- World Cancer Research Fund and American Institute of Cancer Research. Food, Nutrition and the Prevention of Cancer: a global perspective. Menasha: World Cancer Research Fund, 1997.