

60856 - Dietary intake evaluation

Syllabus Information

Academic year: 2023/24

Subject: 60856 - Dietary intake evaluation

Faculty / School: 229 - Facultad de Ciencias de la Salud y del Deporte

Degree: 549 - Master's in Evaluation and Physical Training for Health

ECTS: 3.0

Year: 1

Semester: Second semester

Subject type: Optional

Module:

1. General information

The evaluation of dietary intake, in the field of physical assessment and training for health, has the following objectives:

- To know the basis and management of the different dietary surveys.
- To quantify the intake of energy, macro and micronutrients, as well as other dietary components both manually and using computer applications. To assess the degree of adequacy of energy and nutrient intake to an individual's needs.
- To complement the anthropometric assessment, biochemical evaluation and the physical and clinical examination of the individual in the assessment of their nutritional status.

Students of this degree will be able to apply the contents of this subject to most of the research lines they develop in the future.

The acquisition of the learning results of the subject provides training and competence to contribute to the achievement of the following Sustainable Development Goals of the United Nations Agenda 2030:

- Objective 3: Health and Well-being
- Objective 4: Quality Education

2. Learning results

- To acquire the basic knowledge of nutrients and foods that will allow the application of a dietary survey.
- To manage the different methodologies used in the assessment of dietary intake.
- To conduct a dietary survey for estimation of energy and nutrient intake.
- To interpret the results obtained after the application of a dietary survey.

3. Syllabus

Theoretical contents:

- Evaluation of dietary intake in the field of health assessment and physical training. Healthy eating. General characteristics of the Mediterranean Diet.
- Quantitative and qualitative dietary questionnaires to assess individual intake. Methodology. Advantages and limitations. Errors in the assessment of dietary intake. Validation of dietary questionnaires.
- Criteria** for selection of the dietary survey or questionnaire. Design of dietary surveys adapted to the objective of the study.

Practical contents:

- Food composition tables. Nutritional labelling of foods. Tools for the quantification of the portion consumed: usual consumption portions and home measurements.
- 24-hour recall. Diary or dietary record. Semi-quantitative food consumption frequency questionnaires. Questionnaires on adherence to the Mediterranean Diet. Diet Quality Indices *Nutritools* online application.
- Calibration of dietary intake (IENVA, *Easydiet* and *MyFitnessPal*).

4. Academic activities

Theoretical classes: 15 classroom hours. Participative lectures where theoretical concepts are presented.

Practical classes: 15 classroom hours, including laboratory and Nutrition Unit practical, seminars on problem solving and case studies in the classroom. Computer practice.

Study and assessment tests: 45 non-face-to-face hours. Non-face-to-face activities of autonomous work.

(Study and preparation for the assessment tests) plus the realization of the assessment tests.

5. Assessment system

1. Written test on theoretical and practical contents: multiple-choice questions with a 25% penalty and short answer questions. The grade for this test corresponds to 70% of the final grade.
2. Practical test by observation of the different behaviours and skills shown during the application of a questionnaire or dietary survey to a partner in an interview. This test is assessed by means of a rubric. The grade for this test corresponds to 30% of the final grade.
3. Both tests must be passed separately with a minimum grade of 5.0 out of 10.0 to be eligible for the calculation of the final grade.