Universidad Zaragoza

Academic Year/course: 2022/23

60856 - Dietary intake evaluation

Syllabus Information

Academic Year: 2022/23
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

1.1. Aims of the course

The assessment of dietary intake, in the field of evaluation and physical training for health, has the following objectives:
- To know the bases and the management of the different dietary questionnaires.
- Quantify the energy and macro and micronutrients intake, as well as other components of the diet and assess the nutritional adequacy of energy and nutrient intake to the individual needs (nutritional recomendations).
- To complement anthropometric assessment, biochemical evaluation and physical and clinical examination of the individual in the assessment of their nutritional status.

1.2. Context and importance of this course in the degree

The assessment of dietary intake is part of the assessment of nutritional status to identify possible nutritional and / or body composition alterations as well as to detect a greater predisposition to chronic diseases.
The practice of physical exercise for health includes population groups with specific energy and nutritional needs so dietary intake should be evaluated, using qualitative and / or quantitative methods that allow the characterization of diet intake, the identification of possible energy-nutritional imbalances, thus improving the nutritional dietary advice as part of the overall nutritional assessment.

1.3. Recommendations to take this course

It is considered that this subject may be of interest to those students of the master who do not have knowledge about the different aspects of the assessment of dietary intake. It can also be for graduate students in Human Nutrition and Dietetics due to its orientation to the field of evaluation and physical training for health.
Attendance at both theory sessions and problem solving workshops and seminars is recommended for achieve full use of the subject.
Due to the applied nature of the subject, for theoretical classes or practicals / seminars that can be taught online, continued virtual assistance is also recommended, sharing with the teacher any questions that may arise appearing both during the teaching and in arranged tutorials.

2. Learning goals

2.1. Competences

General competences:

- To promote, both in the academic and professional fields, the improvement of technological and social means in the field of science for the assessment and prescription of physical activity oriented towards Health.

- Promote the mutual exchange of knowledge with other colleagues, with the academic as a whole and with society in general, in relation to the field of study of the promotion and prescription of physical activity for health.

- Collaborate, through research in the field of study of physical activity to health, offering the findings found for possible nationally and international referenced publications.

- Obtain skills that facilitate learning throughout professional development autonomously, managing the resources present in the different fields of knowledge.

- Work efficiently in multidisciplinary teams for the development of actions in the field of physical activity oriented towards

health.

Specific competences:
- Employ strategies of excellence, ethics and quality in research and professional practice in the field of Physical Activity for Health, following the recommendations of the Declaration of Helsinki and Law 14/2007 and later Biomedical Research updates.
- Control the different methodological alternatives that can be applied in the framework of physical activity oriented towards health.
- Use different research techniques and apply them appropriately to the field of knowledge of evaluation and prescription of physical exercise for health in different population groups.
- Identify and assess the health problems that affect different population groups, and in which physical exercise It can positively influence its treatment and subsequent improvement.
- Extract and adequately analyze the information from scientific texts within the framework of Physical Activity Sciences, evaluating its possible connection to the field of Health.
- Assess the changes that occur as a consequence of a health-oriented physical activity program.
- Analyze the variables of a psychosocial and physiological nature associated with physical activity oriented towards health, using the most appropriate scientific methodology.

2.2. Learning goals

The student, to pass this subject, should demonstrate the following results:
- Acquire the necessary knowledge that allows applying a dietary questionnaire.
- Manage the different methodology used in the assessment of dietary intake.
- Carry out and interpret the results of a dietary questionnaire.

2.3. Importance of learning goals

The evaluation of dietary intake may be necessary in most of the research lines that can be developed by the students of this master.

3. Assessment (1st and 2nd call)

3.1. Assessment tasks (description of tasks, marking system and assessment criteria)

The student should demonstrate that he / she has achieved the expected learning results through the following evaluation activities:

1. Written test on the theoretical and practical contents with the following characteristics:
- test questions with four possibilities of answer of which only one is correct and without penalty.
- short answer questions.

The qualification of this test corresponds to 70% of the final grade.
In case the evaluation is carried out virtually, the written test will have the same characteristics as described previously, but they will be carried out through the digital teaching ring (ADD) and the Google Meet videotelephony service.

2. Practical test by observing the different behaviors and skills shown during the application, for interview, from a dietary questionnaire to a partner. This test is evaluated by a specific rubric.
In the event that the evaluation is carried out virtually, the practical test will be carried out by solving a practical case regarding the context of management and use of a research dietary questionnaire, and will be carried out through of the digital teaching ring (ADD) and the Google Meet videotelephony service.
The qualification of 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 note.

4. Methodology, learning tasks, syllabus and resources

4.1. Methodological overview

The learning process of this course includes, on the one hand, lectures in which the basic knowledge about the different types of dietary questionnaires is provided and, on the other, seminars and workshops that allow this knowledge to be put into practice in the management of dietary questionnaires, the interpretation of results and assessment of the adequacy of intake.

4.2. Learning tasks

The activities programmed for the student to achieve the learning objectives are organized as follows:

The course will be taught in sessions of 5-hours, where the theoretical and practical contents indicated in section 5.3.

- Lectures (1.5 ECTS: 15 hours). Presentation of the basic theoretical concepts that this academic year will be able to teach synchronous online telematics, connected teachers and students through technologies that allow interaction (type Google Meet).
- Laboratory workshop, practical seminars in the classroom and computer sessions (1.5 ECTS: 15 hours).

- These activities and exercises allow students to start the study of dietary intake and apply the knowledge of theoretical classes. This school year 20/21 it can be adopted a synchronous online telematic teaching connected teachers and students through technologies that allow interaction (Google Meet type).

4.3. Syllabus

The course will address the following topics:

Lectures

1. Quantitative and qualitative dietary assessment questionnaires: Methodology. Advantages and limitations. Questionnaires of adherence to mediterranean diet.
2. Selection criteria of the dietary questionnaire according to the study objective.
3. Dietary assessment questionnaire design.
4. Validation of dietary assessment questionnaires.
5. General characteristics of the Mediterranean diet (DM), DM adherence questionnaires and their use in different population groups. Diet Quality Indexes: Diet Quality Index, Healthy Diet Indicator, Medirerranean Diet score.

Practice sessions

- Seminar session 1: Food composition databases.
- Seminar session 2: Interpretation of nutritional food labelling.
- Practice session 3: Edible portions, common serving portions and household measures.
- Practice session 4: Qualitative dietary assessment questionnaires and semi-quantitative food frequency questionnaires.
- Practice session 5,6: Quantitative dietary assessment questionnaires: 24-hour recall and weighed/estimated dietary record.
- Practice session 7: Calibration of dietary intake using computer-based nutritional assessment programs (IENVA, Easydiet y Nutrium).
- Practice session 8. Application of DM adherence questionnaires and other Diet Quality questionnaires.
- Practice session 9. Use of online application Nutritools

4.4. Course planning and calendar

The planning and dates of the different learning activities will be presented at the beginning of the second semester of the academic year.

4.5. Bibliography and recommended resources

http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=60856&Identificador=C70184