60856 - Dietary intake evaluation

Información del Plan Docente

Academic Year	2016/17
Academic center	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	549 - Master's in Evaluation and Physical Training for Health
ECTS	3.0
Course	1
Period	Second semester
Subject Type	Optional
Module	---

1.Basic info

1.1.Recommendations to take this course

1.2.Activities and key dates for the course

2.Initiation

2.1.Learning outcomes that define the subject

2.2.Introduction

3.Context and competences

3.1.Goals

3.2.Context and meaning of the subject in the degree

3.3.Competences

3.4.Importance of learning outcomes

4.Evaluation

5.Activities and resources

5.1.General methodological presentation
The course will be taught in sessions of 4 hours, where will work together theoretical and practical content listed below.

5.2.Learning activities

5.3.Program

Theoretical contents (1,5 ECTS):

60856 - Dietary intake evaluation

1. Quantitative and qualitative dietary assessment questionnaires: Metodology. Advantages and limitations.

2. Selection criteria of the dietary questionnaire according to the study objective.
3. Dietary assessment questionaire design.

4. Validation of dietary assessment questionnaires.

Practical contents (1,5 ECTS):

Seminar session 1: Food composition databases.

Seminar session 2: Interpretation of nutritional food labelling.

Practical session 1 : Edible portions, common servinh portions and household measures.

Practical session 2: Qualitative dietary assessment questionnaires and semi-quantitative food frequency questionnaires.

Practical session 3: Quantitative dietary assessment questionnaires: 24-hour recall and weighed/estimated dietary record.

Practical session 4 : Nutritional assessment of information from 24 hour diet recall using a food exchange list.

Practical session5: Nutritional assessment of information from 24 hour diet recall using a computer-based nutritional assessment program.

5.4.Planning and scheduling

5.5.Bibliography and recomended resources