



MASTERCLASS IN CLINICAL NUTRITION

Course Overview:

The Masterclass in Clinical Nutrition is designed with a combined integrative and preventive educational approach to nutrition, health and disease. The course has been structured into three levels to provide comprehensive knowledge that is required for the student to gain entry into the nutrition industry as a competent beginner level dietician.

The three levels of the course will cover various aspects of nutrition and dietetics and highlighted below

Session 1 - Basic Nutrition

You will learn about

- Major nutrients, their properties, functions and important food sources.
- Mechanisms of digestion, absorption, and metabolism.
- The scientific rationale for the development of dietary guidelines and nutrition policies in healthy individuals and populations.
- Methods used to assess nutritional status.
- Healthy diet and food choices, and how such choices will help prevent health problems.

Session 2 - Lifecycle and Wellness Nutrition

You will learn about

- Specific nutritional requirements for each stage of the life cycle.
- Evaluation of dietary intakes and feeding programs for individuals throughout the life cycle.
- How to help clients select a sports diet with the right balance of carbohydrates, proteins, fats, and fluids.
- Steps of developing a healthful weight management program for individuals.
- Managing people with eating disorders and body image issues.

Session 3 - Clinical Nutrition

You will learn about

- Application of nutrition principles to disease prevention and treatment.
- Medical terminology associated with nutrition-related diseases and conditions.
- The role of diet in the development of chronic diseases, such as cardiovascular disease, cancer, diabetes, etc.
- How to plan a therapeutic diet according to the individual or patients requirement in disease
- Monitoring and evaluating nutrition therapy
- Educating the patients and family regarding nutritional care to be followed for various conditions
- Management of nutritional needs of serious and critically ill patients.

Course Objectives:

- To impart knowledge and develop capacities of the students through online education in the subjects of Basic, Life-cycle, Wellness and Clinical Nutrition.
- Help the students to develop core competencies in nutrition and dietetics.
- Empower the students with knowledge that they can apply as a beginner/trainee in professional settings.
- Enable the students to become health care professionals for employment in various fields of clinical nutrition and related areas such as hospitals, academics, research, industry, and community service.

Course Highlights:

- Designed by experts in the field of nutrition and dietetics
- Structured to provide comprehensive coverage of all aspects of nutrition in three Sessions
- Total 45 Hours of Learning Content
- Fundamentally designed for aspiring nutrition professionals

Duration: 9 months

- Session 1 - BASIC NUTRITION - 3 months
- Session 2- LIFECYCLE AND WELLNESS NUTRITION - 3 months
- Session 3 - CLINICAL NUTRITION - 3 months

Course outline:

MASTERCLASS IN CLINICAL NUTRITION

SESSION 1 - BASIC NUTRITION

- Human nutrition and food habits
- Nutrients and their role in health
- Energy metabolism
- Body composition
- Dietary Reference Standards
- Nutritional assessment
- Nutritional counselling
- Food Safety

SESSION 2 - LIFECYCLE AND WELLNESS NUTRITION

- Life stages and nutrition
 - Pregnancy and lactation
 - Infancy
 - Childhood and adolescence
 - Adult years
 - Elderly
- Weight management
- Malnutrition
- Eating disorders
- Fitness and Sports nutrition

SESSION 3 - CLINICAL NUTRITION

- Medical nutritional evaluation
- Clinical nutrition studies
- Oral diseases
- Gastrointestinal diseases
- Pulmonary diseases
- Hypertension and cardiovascular disorders
- Metabolic disorders
- Renal disease
- Neurological and mental disorders
- Rheumatic diseases
- Immune disorders
- Anaemia
- Neoplastic diseases
- Nutrition-related genetic diseases
- Food allergy
- Nutrition in critical illness

Learning methodology:

Online Learning:

The online learning program will be for a duration of 9 months. The online content shall be in the form of e-books, PowerPoint presentations, case discussions and lecture videos. This will be delivered in 3 stages - Session 1, Session 2, Session 3. A login username and password will be provided to access the content on the learning management system. You can access the course content on a computer or mobile phone at your convenience.

Live Virtual Classes (Webinars):

With healthcare industry undergoing so many advancements, staying updated about latest trends, technologies and guidelines have become vital. Additionally, having these updates through a healthy discussion with experienced nutrition specialists will be the focus in our learning curriculum. Live virtual classes will provide the student opportunity to listen to expert presentations and interact with them through webinars.

Contact Program:

As part of the course, the candidate can opt for a 15-day Contact Program. During this, the student will be posted in the nutrition department of an accredited hospital to gain hands-on training under the expertise of top Clinical Nutritionists. Contact Centers: Hyderabad, Bangalore, Delhi.

Assessments:

All these assessments are online and objective type. Module-wise assessments will need to be taken online and a 50% pass mark is required to clear these module assessments. The final online assessment is available on successful completion of module assessments.

Certification:

On completion of each level, the student is respectively certified as below by Medvarsity and Apollo Hospitals Educational and Research Foundation.

Session 1 - Certificate in Basic Nutrition

Session 2 - Certificate in Lifecycle and Wellness Nutrition

Session 3 - Certificate in Clinical Nutrition

Eligibility:

Session 1 : Graduates from any discipline

Session 2 : Graduates from any discipline, who have completed Session 1

Session 3 : Graduates from any discipline, who have completed Session 2



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