
	PROCESO PARA EL DESARROLLO DE LAS ENSEÑANZAS DE LA ESCUELA DE INGENIERÍAS AGRARIAS		
		CÓDIGO: P/CL009_D002	

PROGRAMME IN PHYSIOLOGY AND BASES OF THE NUTRITION

Academic course: 2019-2020

Identification and characteristics of the subject					
Code	502233			Créditos ECTS	6
Name (Spanish)	Fisiología y Fundamentos De Nutrición				
Name (English)	Physiology and bases of the nutrition				
Degree	Food Science and Technology Degree				
Center	Agricultural Engineering School				
Semester	Second (4º)	Type	Compulsory (obligatoria)		
Module	NUTRITION AND HEALTH				
Subject	Physiology and Foundations of Nutrition				
Language	Spanish				
Professor/s					
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Field of knowledge	NUTRITION AND BROMATOLOGY				
Department	ANIMAL PRODUCTION AND FOOD SCIENCE				
Coordinator (if there is more than one professor)	Emilio Aranda Medina				
Lessons and contents					
Syllabus					
<p>SECTION I.- GENERAL ASPECTS AND PHYSIOLOGY OF NUTRITION</p> <p>Lesson 1 Nutrition. Physiology of human nutrition</p> <p>SECTION II.- NUTRIENTS MACRONUTRIENTS, IMMEDIATE PRINCIPLES</p> <p>Lesson: 2. Water and Electrolytes</p> <p>Lesson: 3. Carbohydrates</p> <p>Lesson: 4. Dietary fiber</p> <p>Lesson: 5. Amino acids and proteins</p>					

Lesson: 6. Lipids

SECTION III.- NUTRIENTS MICRONUTRIENTS

Lesson: 7. Minerals

Lesson: 8. Trace elements

Lesson: 9. Fat-soluble vitamins

Lesson: 10. Water-soluble vitamins

Lesson: 11. Alcohol

SECTION IV.- ENERGY METABOLISM. BODY EXPENDITURE

Lesson: 12. Energy

Lesson: 13. Interaction between food components

SECTION V.- PHYSIOLOGICAL FUNDAMENTALS

Lesson: 14. The Cell And Its Operation

Lesson: 15. Heart And Circulatory System

Lesson: 16. Blood Cells

Lesson: 17. Membrane Potentials: Nervous Impulse Transmission And Muscle Contraction

Lesson: 18. Breathing

Lesson: 19. Nervous And Hormonal System

Lesson: 20. Renal System

PRACTICAL SYLLABUS

Practice 1. Determination of energy needs.

Practice 2. Perform healthy diets with the immediate principles provided.

Practice 3. Resolution of practical problems of clinical cases related to nutrition.

Practice 4. Food Tables.