

Advanced Human Nutrition and Dietary Management

Duration: 5 Days

Language: en

Course Code: IND10 - 110

Objective

Upon completion of this course, participants will be able to:

- Understand the fundamental principles of human nutrition.
- Analyse the role of nutrients in health and disease prevention.
- Develop skills in dietary assessment and planning.
- Learn evidence-based strategies for managing nutritional needs across the lifespan.
- Enhance their ability to provide personalised nutrition advice and interventions.

Audience

This course is intended for:

- Dietitians and nutritionists
- General practitioners
- Healthcare professionals specialising in nutrition
- Nurses and allied health professionals
- Clinical researchers in nutrition and dietetics
- Graduate students in nutrition and related fields

Training Methodology

The course employs a blend of instructional methods, including:

- Interactive lectures
- Hands-on dietary assessment and planning sessions
- Group discussions and case studies
- Expert-led Q&A sessions
- Comprehensive course materials and resources

Summary

This comprehensive course provides an in-depth understanding of human nutrition and dietary management. Participants will explore the latest research, nutritional science principles, and practical strategies for promoting optimal health through nutrition. The course

combines theoretical knowledge with practical applications, equipping healthcare professionals with the skills to assess and improve dietary habits and nutritional status in diverse populations.

Course Content & Outline

Section 1: Foundations of Human Nutrition

- Overview of macronutrients and micronutrients
- Digestion, absorption, and metabolism of nutrients
- Nutritional requirements and guidelines

Section 2: Nutritional Assessment

- Methods of dietary assessment: 24-hour recall, food diaries, and food frequency questionnaires
- Anthropometric measurements and body composition analysis
- Biochemical and clinical assessment of nutritional status

Section 3: Nutrition Across the Lifespan

- Nutritional needs during pregnancy and lactation
- Infant, child, and adolescent nutrition
- Nutrition for older adults

Section 4: Clinical Nutrition and Disease Management

- Role of nutrition in chronic diseases: diabetes, cardiovascular disease, and obesity
- Nutritional strategies for managing gastrointestinal disorders
- Therapeutic diets and nutrition support

Section 5: Practical Applications and Case Studies

- Developing personalised nutrition plans
- Counselling techniques for behaviour change

- Case studies and problem-solving in clinical nutrition
- Course review, expert Q&A, and certification ceremony

Certificate Description

Upon successful completion of this training course, delegates will be awarded a Holistique Training Certificate of Completion. For those who attend and complete the online training course, a Holistique Training e-Certificate will be provided.

Holistique Training Certificates are accredited by the British Assessment Council (BAC) and The CPD Certification Service (CPD), and are certified under ISO 9001, ISO 21001, and ISO 29993 standards.

CPD credits for this course are granted by our Certificates and will be reflected on the Holistique Training Certificate of Completion. In accordance with the standards of The CPD Certification Service, one CPD credit is awarded per hour of course attendance. A maximum of 50 CPD credits can be claimed for any single course we currently offer.

Categories

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Tags

Nutrition, Dietary

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