



COMPETENCES OF THE PROFESSION OF DIETICIAN/NUTRITIONIST:

The group known as “Knowledge, attitudes and skills” are understood to be the necessary competences to be able to make the decisions which ensure that a professional performance is at the necessary level at all times and in all circumstances.

This definition involves the ability to put “the knowledge, attitudes and skills” relevant to the profession of the Dietitian/Nutritionist, with the task of: la prevention, problem-solving and maintenance of health.

ATTITUDE-RELATED COMPETENCES (BEING AND PERFORMING)

INSTRUMENTAL COMPETENCES:

The graduate in Human Nutrition and Dietetics must display the following:

1. An ability and analyze and synthesize.
2. Organizational and planning skills.
3. Mother tongue speaking and writing skills
4. Knowledge of a foreign language.
5. Knowledge of information relevant to the field of study.
6. An ability to administer information.
7. An ability to resolve problems.
8. Decision-making ability.

PERSONAL COMPETENCES:

The graduate in Human Nutrition and Dietetics must display and perform in accordance with:

9. Ethical commitment.
10. The ability to work as part of a team.
11. The ability to work as part of an interdisciplinary team.
12. Habilidades en las relaciones interpersonales.
13. Critical awareness.
14. The ability to work in an international context.
15. Recognition of diversity and multiculturalism.

SYSTEMATIC COMPETENCES:

The graduate in Human Nutrition and Dietetics must display and perform in accordance with:

16. Self-directed learning skills.
17. Quality-oriented motivation.
18. The ability to adapt to new situations.
19. Creativity.
20. Initiative and enterprising spirit.
21. Leadership skills.
22. Knowledge of other cultures and customs.
23. Sensitivity to environmental issues.
24. Be open to improvements in technology.
25. Attitude: a will t5o succeed and to continue to learn.



TRANSVERSAL COMPETENCES (GENERIC)

Disciplinary competences (**KNOWLEDGE**) and professional ones (**THE ABILITY TO DO**)

When the study programme is completed the EHEA degree graduate in Human Nutrition and Dietetics will be able to display and develop the following professional competences:

1. Know the chemical, biochemical and biological foundations concerning the application of human nutrition and dietetics.
2. Know the structure and function of the human body from the perspective of the molecular level of the organism as a whole, during different phases of life.
3. Know the bases and foundations of eating habits and human nutrition.
4. Know statistics applied to the science of healthcare.
5. Know the psychological bases and factors which affect human behaviour.
6. Know the historic, anthropological and sociological evolution of eating habits, nutrition and dietetics in the context of healthcare and nursing.
7. Know techniques of communication.
8. Communicate effectively, orally and in writing, with individuals, healthcare and industry-related professionals and the media.
9. Know, assess and be able to use and apply sources of information related to nutrition, eating habits, lifestyles and healthcare aspects.
10. Be acquainted with information technology particularly related to nutrition, eating habits, dietetics, lifestyles and healthcare and socio-cultural aspects
11. Handle the basic tools of information and communication technologies (ICT) used in the field of nutrition.
12. Know the computer technology applied to healthcare.
13. Identify and classify foodstuffs.
14. Know the chemical composition, its physio-chemical properties, its nutritional value, bio-disponibility, its organoleptic and gastronomic properties and the modifications suffered as a consequence of technological and culinary processes.
15. Know the systems of production and the basic processes involved in the elaboration, transformation and conservation of animal and plant-based foodstuffs.
16. Know and apply the foundations of bromatological and sensorial analysis
17. Interpret and manage tables and databases related to the composition of foodstuffs.
18. Know microbiology, parasitological aspects and toxicology of foodstuffs
19. Know gastronomy and culinary techniques to optimise the organoleptic and nutritional features of food
20. Elaborate, apply and maintain proper hygiene and risk-control systems, applying current legislation.
21. Assess, control and administer hygiene and food safety food services and collective catering, applying current legislation.
22. Participate in the design, organization and management of different food services.
23. Coordinate and provide training for those involved in dealing with food, participating in continuous training and in quality control and food safety issues.
24. Collaborate in the implementation of quality control.
25. Assess, control and administer aspects of traceability in the food chain.
26. Know aspects related to the economy and the food business. Interpret administrative and files related to a food ingredient and ingredients.
27. Control and manage systems of distribution and/or preparation, ensuring quality in all aspects.
28. Provide scientific and technical advice concerning food products, their development, labelling, communication and marketing in accordance with social needs, scientific knowledge and current legislation. Decide to what extent these recommendations are taken on board.
29. Colaborar en la protección del consumidor en el marco de la seguridad alimentaria
30. Know the nutrients, their functions and metabolic use. Know the bases of the nutritional balance and its regulation



31. Know, detect in advance and assess deviations due to excess or defect, whether quantity or quality related, of the nutritional balance.
32. Elaborate and interpret a dietetic history of both healthy and sick subjects.
33. Assess and calculate the nutritional requirements in a health-related situation in each stage of the life cycle for individuals and groups.
34. Provide dietary advice to foment and maintain healthy eating habits and lifestyles.
35. Apply nutrition-related knowledge of nutrition to the elaboration of diets and set meals which are healthy for both individuals and/or groups
36. Carry out and interpret an assessment of the nutritional condition of individuals and/or groups, whether healthy (in all physiological aspects) or sick.
37. Interpret and integrate clinical, biochemical and pharmacological data to provide the patient with nutritional assessment for dietetic nutritional treatment
38. Know physio-pathological aspects of nutrition-related disorders
39. Understand pharmacology and the interaction between medication and nutrition.
40. Assess and calculate nutritional requirements in situations of sickness during any stage of the life cycle
41. Identify the patient's nutritional problems, as well as risk factors and improper practice.
42. Interpret a clinical history. Understand and use the terminology used in healthcare
43. Plan, implement and assess and therapeutic diets for individuals and/or groups
44. Know the organisation of a hospital and the nutritional service.
45. Understand the participation of the Dietician/nutritionist in the multi-disciplinary team of a hospital nutrition unit
46. Know the different techniques and products for basic and advanced nutritional support.
47. Develop and implement plans for nutritional transition
48. Communicate, inform with scientific facts, clarity and professional ethics.
49. Know the organisations and national and international healthcare systems, as well as healthcare policies.
50. Participate in the analysis, planning, intervention and assessments of epidemiological studies and programmes of intervention in different areas of nutrition.
51. Design and carry out nutritional assessments to identify the needs of the population in terms of food and nutrition, and identify the factors which determine nutritional health.
52. Design, intervene and carry out educational and training programmes connected with dietetics and nutrition
53. Take part in the planning of nutritional policies for the purpose of nutritional education.
54. Identify factors which influence the nutrition of individuals and different groups of the population.
55. Use the scientific method, critical awareness, analysis and thought in the search for new knowledge which favours understanding and the solution of nutritional and profession-related problems.
56. Analyse and assess food-related risks affecting individuals and different groups of the population.
57. Provide hospital and primary healthcare patients with diet therapy and nutritional orientation.
58. Plan the necessary test and follow-up for patients.
59. Assess nutritional therapy
60. Know Bioethical and Deontological principles.
61. Know the legal and ethical limits of the profession.
62. Mastery of English writing and speaking skills