

The logo for IBERO, featuring the word "IBERO" in a large, white, serif font on a dark purple rectangular background.

IBERO

CIUDAD DE MÉXICO ®

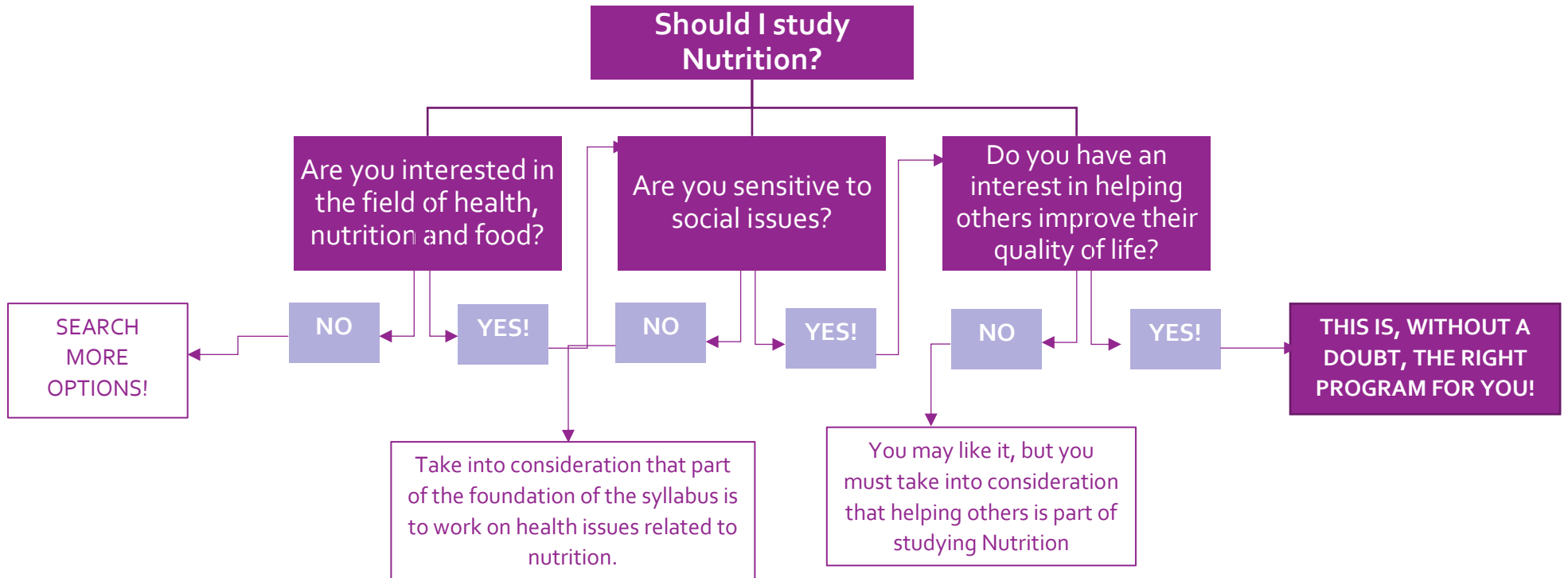
A top-down view of various fresh fruits and vegetables, including carrots, tomatoes, avocados, and berries, arranged on a wooden surface.

**ADMISSION TO THE BACHELOR'S
DEGREE IN NUTRITION AND FOOD
SCIENCE**

SUJ PLAN

2018 EDITION

VERSION OCTOBER 2018



NUTRITION AND FOOD SCIENCE

SOCIAL ASPECTS OF THE MEXICAN REALITY THAT ARE BASICALLY ATTENDED BY THE CURRICULUM

Like other countries in Latin America, Mexico is experiencing a period of great changes that are reflected in the field of health. **Health conditions have changed significantly in recent years**, and we find ourselves in the so-called “epidemiological transition”, in which we experience the shift from the predominance of infectious diseases and malnutrition as the main causes of death, to a **higher prevalence of chronic diseases**, and mortality shifts from children to adults and older adults. This outlook coincides with the severe problems related to **nutritional deficiencies**.

Faced with this situation, the **World Health Organization** proposes a new approach to health care, leading in a direction in which the promotion of health causes the proportion of individuals at risk of disease or sickness to decrease in absolute numbers. Thus, health systems would be expected to shift from a perspective of treatment and prevention of complications to one of health promotion.

The Bachelor’s Degree in **Nutrition and Food Science (LNCA, as per its acronym in Spanish)** offered by IBERO takes such approach into consideration and incorporates it into its program through the subjects and topics, which emphasize:

1. The Nutritional Care Process, which includes diagnosis, treatment, and follow-up, both of and to non-communicable chronic diseases and malnutrition.
2. The prevention of complications due to the ailments caused by an incorrect diet.
3. The promotion of health by promoting a healthy lifestyle, where a proper diet and physical activity play a fundamental role.
4. The management of food services to optimize human and material resources, ensuring the nutritional and hygienic quality of the food, given the growing demand for this service as a result of urbanization.
5. Work as advisors, promoters and managers of new food products. In addition to being knowledgeable about the food production chain.
6. The contribution with the creation of companies and establishments that offer products, goods and services in the population-clinical field, consulting in food and nutrition, with the purpose of generating capital for the creation of jobs and to meet the needs of various sectors of the population.
7. Applied research from its nutrigenetic and nutrigenomic bases for the generation of useful knowledge to participate in the improvement of the wellbeing of the population.
8. The co-responsibility of the nutritionist and society for the resolution of problems.

ACCREDITATIONS

The LNCA has a long tradition of Academic Excellence, training nutritionists for more than 45 years and being the first program to offer the bachelor's program nationwide.

It has two accreditations:

1. Our program is the **only one in the country accredited as Foreign Dietitian Education** by the Accreditation Council for Education in Nutrition and Dietetics (**ACEND®**), the accrediting agency of the **Academy of Nutrition and Dietetics** (<https://www.eatrightpro.org/acend/accredited-programs/international-programs>)

This accreditation has an emphasis in the area: PROMOTION OF HEALTHY LIFESTYLES AND DISEASES PREVENTION, which means that the program was revised and it is comparable in terms of content and practices to the accredited programs of the United States of America.

With this accreditation, our graduates are eligible to apply for an Internship, accredited by the ACEND, and to perform at least 900 hours of supervised practice (out of the 1,200 that are required) in the United States of America, as well as to be candidates to apply for the RD (Registered Dietitian) exam with the Commission on Dietetic Registration (CDR) of the Academy of Nutrition and Dietetics, fulfilling the requirements set forth by them.

Effective January 1, 2024 the CDR will require a minimum of a master's degree to be eligible to take the CDR exam to become an RD.

2. National Accreditation by CONCAPREN (National Council for the Quality of Educational Programs in Nutrition <http://www.concapren.org.mx/seccion.php?sec=4&ent=9>).

These accreditations position the LNCA among the best in the country.

Likewise, the CENEVAL (<http://www.ceneval.edu.mx/nutricion>) granted the LNCA recognition as part of the Registry of Bachelor Programs of High Academic Performance -EGEL, for the period 2016-2019.

ADMISSION/INCOMING PROFILE

In order to be admitted to this bachelor's degree program, the following are required:

- **KNOWLEDGE**

- Basic knowledge of arithmetic and algebra.
- Basic knowledge of inorganic and organic chemistry.
- Basic knowledge of spelling and writing.
- Reading comprehension in English.

*Chemical-Biological training in high school (Area 2) is recommended.

- **SKILLS**

- Communicate clearly orally and in writing.
- Ability to integrate knowledge from different fields and areas.
- Work in teams.
- Organize personal and academic times and resources.
- Ease to establish interpersonal relationships.
- Manual dexterity for practical work in the laboratory and workshops.

- **INTERESTS**

- Interest in the field of health, nutrition and food.
- Sensitivity towards social issues.
- Interest in helping others improve their quality of life.

PURPOSE OF THE PROGRAM

*The Bachelor's Degree in Nutrition and Food Science (LNCA) aims to train professionals who are able to favor healthy lifestyles through food, nutritional and physical activity interventions based on **the implementation of the Nutritional Care Process**, management of services, proper selection of food items and modification of products that respond to the **needs of individuals, groups and populations** of different age groups, contexts and **health and disease conditions**.*

First Semester	Second Semester	Third Semester	Fourth Semester	Fifth Semester	Sixth Semester	Seventh Semester	Eighth Semester
GENERAL CHEMISTRY WORKSHOP 6H 8C 22559 QM034	ORGANIC CHEMISTRY WORKSHOP 6H 8C 22560 QM035	GENERAL BIOCHEMISTRY 4H 8C 9857 QM029	METABOLIC CHEMISTRY 4H 8C 20034 NT002	CELLULAR PHYSIOLOGY 4H 8C 9854 NT051	NUTRIGENOMICS WORKSHOP 4H 4C 22525 NT058	RES. STRAT. IN NUT. & FOOD WORKSHOP 4H 8C 20118 NT024	INTERNSHIP IN HUMAN NUTRITION 8H 8C 20596 NT055
INTRO. TO NUTRITION AND FOOD SCIENCE 2H 4C 9864 NT053	CELLULAR BIOLOGY & GENETICS WORKSHOP 4H 6C 30063 NT012	NUTRITION FOR HEALTHY INDIVIDUALS WORKSHOP I 4H 6C 20066 NT015	PHYSIOLOGY OF NUTRITION 4H 8C 6110 NT039	PATHOPHYSIOLOGY I 4H 8C 20107 NT019	PATHOPHYSIOLOGY II 4H 8C 20108 NT020	CLINICAL NUTRITION II 6H 6C 22757 NT061	INTERNSHIP IN FOOD 8H 8C 20597 NT056
PSYCHOLOGY OF VITAL CYCLE DEVELOPMENT 4H 8C 21045 PC057	ASSESSMENT OF NUTRITIONAL STATUS WORKSHOP I 4H 6C 20116 NT022	ASSESSMENT OF NUTRITIONAL STATUS WORKSHOP II 4H 6C 20115 NT021	NUTRITION FOR HEALTHY INDIVIDUALS WORKSHOP II 4H 6C 20065 NT014	NUTRITION AND PHYSICAL ACTIVITY WORKSHOP 4H 6C 20056 NT005	CLINICAL NUTRITION I 6H 8C 22758 NT062	TOPICS ON FUNCTIONAL FOODS 4H 8C 20123 NT029	EIGHT-CREDIT ELECTIVE 5 4H 8C
FOOD AND CULTURE 4H 8C 20461 SP015	INTERVIEW THEORY AND TECHNIQUE 4H 8C 20226 PC010	EPIDEMIOLOGY 4H 8C 7681 NT044	PUBLIC HEALTH 4H 8C 2869 NT039	FOOD & NUTRITION POLICIES 4H 8C 7699 NT048	MASS COMMUNICATION METHODS IN NUTRITION 6H 10C 20059 NT008	PROFESSIONAL PRACTICE & SOCIAL SERVICE 2H 16C 8763 SS100	
DESC. STATISTICS & PROBABILITY WORKSHOP 6H 8C 20112 MT007	STATISTICAL INFERENCE WORKSHOP 6H 8C 20113 MT008	FOOD TOXICOLOGY 4H 8C 20112 MT007	FOOD PRESERVATION PROCESS 4H 6C 20043 NT037	EDUCATION IN NUTRITION WORKSHOP I 4H 6C 20067 NT016	FOOD SERVICE WORKSHOP 4H 6C 9855 NT052	FOUR-CREDIT ELECTIVE 2 2H 4C	
CHEMISTRY & FOOD ANALYSIS WORKSHOP I 4H 4C 21039 IA070	INTRODUCTION TO BUSINESS 4H 8C 22209 AE189	FOOD SAFETY WORKSHOP I 4H 6C 22523 NT057	MENU DEVELOPMENT WORKSHOP 6H 6C 22762 NT064	FINANCE IN FOOD AND BEVERAGES WORKSHOP 6H 8C 20457 AH003	EIGHT-CREDIT ELECTIVE I 4H 8C	FOUR-CREDIT ELECTIVE 3 2H 4C	
ORAL & WRITTEN COMMUNICATION 4H 8C 22058 LE075	CHEMISTRY AND FOOD ANALYSIS WORKSHOP II 4H 4C 21040 IA071	UNIVERSITY REFLECTION 1 4H 8C	UNIVERSITY REFLECTION 2 4H 8C	UNIVERSITY REFLECTION 3 4H 8C	UNIVERSITY REFLECTION 4 4H 8C	SIX-CREDIT ELECTIVE 4 3H 6C	

Printed in February 2018

NUTRITION AND FOOD SCIENCE

GENERAL ASPECTS OF THE INTERNSHIP IN HUMAN NUTRITION AND FOOD

The last two courses taken in the syllabus make up the **Internship in Human Nutrition and Food**. The Internship represents 1200 hours of **supervised practice** in four mandatory areas, which are Hospital Clinical Nutrition I and II, Community Clinical Nutrition, Food Science and Services.

The Internship is carried out **for 30 consecutive weeks**, 8 hours a day (Monday to Friday).

During the Internship, in addition to the supervised practice, a work project is developed, previously structured in the subject Research Strategies in Nutrition and Food Workshop, whose product is a scientific-technical written document, which must be defended orally. Also, the General Graduation Exam for Bachelor's Degree (EGEL, as per its acronym in Spanish) must be taken.

The Internship allows the student to have an **external work experience in a practical way**, where he/she integrates and **applies the knowledge, skills and values** developed during his/her academic training, thus demonstrating the development of competencies.

In addition, **it allows for an approach to research**, its methodology and its application in the professional field.

COST OF THE BACHELOR'S DEGREE IN NUTRITION AND FOOD SCIENCE

The cost of the LNCA is based on hourly workload, which is calculated according to the **hours registered per week**. For example, if 7 courses are enrolled in the semester, 4 hours a week each, there will be a workload of **28 hours per week**. To determine the monthly tuition, go to the following link: <http://iberomx.com/admision-licenciaturas-paso-paso> at the bottom you will find the table recorded by hours, where with the number of hours to take per week, the amount to be paid, either monthly (five payments) or of the semester, is identified. This procedure will be carried out every semester. Fees are not refundable.

The cost of the 1200 hours of supervised practice is included in the payment of the courses Internship in Human Nutrition and Food.

IBERO does not charge registration, re-enrollment, or any other type of fee; the 5 monthly payments cover the entire cost of the semester, including laboratory materials and equipment, consultation and loan of books from the library, and it includes all university services and materials (except for parking and school transport). It also includes accident and civil liability insurance for supervised practices.

Monthly fees do not include the purchase of specific books, materials or equipment requested by teachers such as anthropometry equipment, uniforms for laboratories, transportation to supervised practice sites.

GRADUATE PROFILE

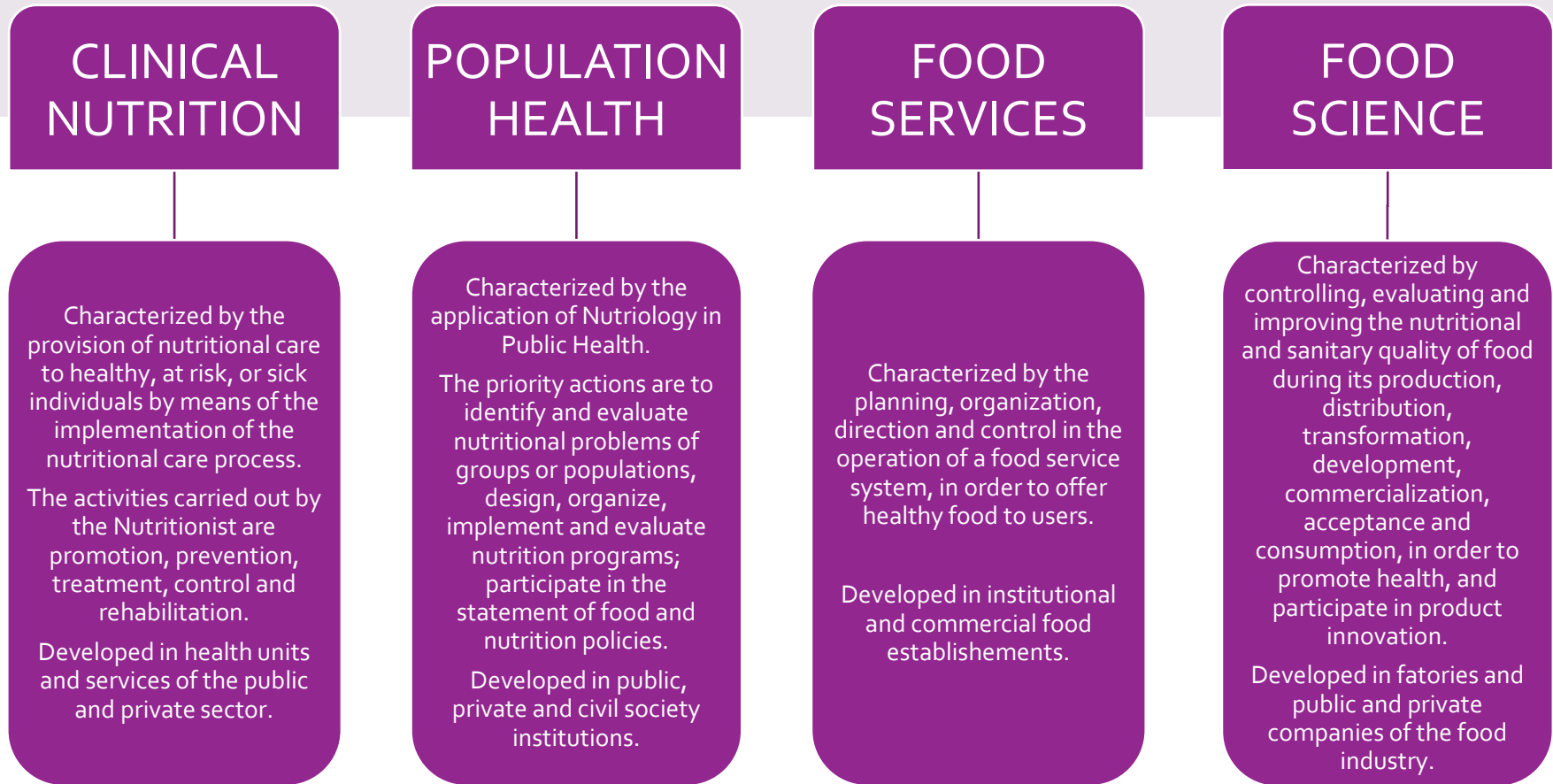
Upon completion of the program, the main roles or functions that a graduate of the Bachelor's Degree in Nutrition and Food Science will be able to perform, are:

- *Promote healthy lifestyles in individuals, groups and populations of different ages, contexts and health and disease conditions, through food, nutritional, and physical activity interventions.*
- *Implement the Nutritional Care Process in individuals, groups and populations of different ages, contexts and health conditions to favor their quality of life.*
- *Manage quality nutrition and food services to maintain and improve the health of people with various needs.*
- *Assess the molecular qualities and physiological implications of nutrients to propose the appropriate choice of food and the modification of products in order to prevent and treat diseases.*

ADMISSION TO THE BACHELOR'S PROGRAM, STEP BY STEP

AREAS OF PROFESSIONAL PERFORMANCE, TYPES OF WORK AND WORK FIELD

The graduate of the Bachelor's Degree in Nutrition and Food Science will be able to perform professionally in any of the following fields:





1

Admission

1. **The admission exam** that IBERO applies is the **EXCOBA (Basic Competencies Test)**, consisting of **180 questions** that assess **basic competencies**. Such test is worth 40% for admission; the remaining 60% corresponds to the final high school average.
 - a. To be admitted to IBERO, it is required to **have completed high school studies**.
 - b. Admission to the LNCA is for the entire program (eight semesters), you may not study only the internship (1200 hours of supervised practice).
 - c. In case of having completed a Bachelor's program in Nutriology at another University and applying to continue and conclude the bachelor's program at IBERO, the student must go to the Academic Registrar Office to request revalidation of subjects.
2. The registration dates for the admission exam, as well as the dates of application, **depend on the period of application for admission**. <http://iberro.mx/alumnos-calendario-escolar>
3. **Registration:** Complete the general information registration form and payment of the admission procedure at the following link: http://enlinea.uia.mx/admision_registro/login_form.cfm
Generate and print the admission pass, which indicates the time of the exam and the chosen date. The duration of the exam is approximately 3 hours.
4. **The results of the admission process are consulted in the following link:** http://enlinea.uia.mx/admision_resultados/login.cfm.
 - a) If the result is **ACCEPTED**, indications for registration are provided.
 - b) If the result is **NOT ACCEPTED**, indications to take a new EXCOBA.
5. **Submission of documents:** upon being a **ACCEPTED** to IBERO, the following documents must be submitted:
 - Birth certificate (original)

- Total high school certificate or Certificate of completion (original)
- Letter of commitment.
- Proof of address: electricity bill, property bill, water or telephone bill (photocopy)

6. **Schedule and school ID:** The schedules may be **consulted via Internet at Online Services** (<https://serviciosonlinea.ibero.mx/>). The school ID is processed from 08:00 am to 9:00 pm at the Records and Information Office.

The school ID, in addition to identifying the members of the university community, is an electronic wallet that allows paying directly for the services offered by certain areas of the University.

2 SCHOLARSHIPS AND FINANCING

IBERO offers two forms of support: **scholarship and educational financing**. These may be granted in a combined manner, in such a

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way that the support granted may have a percentage of scholarship (non-repayable) and a percentage of funding, according to the socioeconomic status of the interested party. To obtain support, a request must be submitted at the beginning of the admission process. <http://www.ibero.mx/admision-licenciaturas-aspirantes-primer-ingreso>

3

GUIDED TOURS

In order to get to know all the facilities and the environment of IBERO, in addition to talking to a professor to solve any questions about the program of the LNCA, we offer guided tours on various dates, which can be found in the following link: <http://preuniversitarios.ibero.mx/>