



espol[®] Escuela Superior
Politécnica del Litoral

Nutrition and Dietetics

RPC-SO-09-NO.264-2021

Last updated: 30 de July de 2025



Overview

DEGREE AWARDED

Bachelor of Science in Nutrition and Dietetics

PROGRAM DURATION

8 semesters

TEACHING MODE

On campus

ACADEMIC UNIT

Faculty of Life Sciences (FCV)

CAMPUS WHERE THE PROGRAM IS OFFERED

Campus Gustavo Galindo, Guayaquil – Ecuador

ESPOL MISSION

ESPOL is a public institution of higher education of excellence that cooperates with society by training professionals with integrity, researching and innovating to improve the quality of life and promote sustainable development.

ESPOL VISION

To be a community with an innovative educational model and impactful research that responds quickly to the needs of the region, promoting human development and sustainability.

ESPOL VALUES

Integrity, Cooperation, Commitment, Empathy, Dedication, Openness, and Innovation.

ACADEMIC UNIT MISSION

To facilitate the development of skills and the acquisition of knowledge in an innovative way in the training of professionals in life sciences; we generate research at the service of society and the environment.

PROGRAM MISSION

To train health professionals of integrity, with critical thinking, to be part of multidisciplinary teams that improve the quality of life of people through promotion, Advancing and nutritional education.

PROGRAM OBJECTIVES

Objectives to Goal 1: Program graduates will be competent entry-level Dietitian Nutritionists (DN) who meet the employment needs of Ecuador.

1. At least 80% of students complete program requirements within 7.5 years (150% of planned program length).
2. Of graduates who seek employment, at least 60% percent are employed in nutrition and dietetics or related fields within 12 months of graduation.
3. At least 70% of employers who respond to a survey will agree or strongly agree that the program graduates are competent entry-level Practitioners.

Objectives to Goal 2: Program graduates will apply critical-thinking and effective problem-solving skills in their professional practice

1. At least 70% of employers responding to a survey state they 'agree' or 'strongly agree' that program graduates demonstrate strong critical-thinking and problem-solving skills in their professional practice.
2. At least 80% of program graduates will report feeling confident in their critical-thinking and problem-solving abilities in their professional roles within one year of graduation.

GRADUATE PROFILE

After five years of study, you will be able to improve quality of life through nutrition education, health care, meal planning, research, and research and innovation in nutraceuticals that mitigate, correct, or prevent problems related to nutritional status in our population.

Provide comprehensive care to healthy populations—and especially to vulnerable groups such as pregnant women, children under five, and older adults—through the promotion of healthy eating habits and lifestyles.

Determine dietetic and nutritional treatment for patients with chronic diseases such as obesity, diabetes, hypertension, dyslipidemia, and kidney failure, among others.

STUDENT OUTCOMES AND COMPETENCIES

- CRDN 1.1 Select indicators of program quality and/or customer service and measure achievement of objectives.
- CRDN 1.2 Evaluate research and apply evidence-based guidelines, systematic reviews and scientific literature in nutrition and dietetics practice.
- CRDN 1.3 Justify programs, products, services and care using appropriate evidence or data.
- CRDN 1.4 Conduct projects using appropriate research or quality improvement methods, ethical procedures and data analysis utilizing current and/or new technologies.
- CRDN 1.5 Incorporate critical-thinking skills in overall practice.
- CRDN 2.1 Practice in compliance with current federal regulations and state statutes and rules, as applicable, and in accordance with accreditation standards and the Scope of Nutrition and Dietetics Practice and Code of Ethics for the Profession of Nutrition and Dietetics.
- CRDN 2.2 Demonstrate professional writing skills in preparing professional communications.
- CRDN 2.3 Demonstrate active participation, teamwork and contributions in group settings.
- CRDN 2.4 Function as a member of interprofessional teams.
- CRDN 2.5 Work collaboratively with NDTRs and/or support personnel in other disciplines.
- CRDN 2.6 Refer clients and patients to other professionals and services when needs are beyond individual scope of practice.
- CRDN 2.7 Apply change management strategies to achieve desired outcomes.
- CRDN 2.8 Demonstrate negotiation skills.
- CRDN 2.9 Actively contribute to nutrition and dietetics professional and community organizations.
- CRDN 2.10 Demonstrate professional attributes in all areas of practice.
- CRDN 2.11 Show cultural humility in interactions with colleagues, staff, clients, patients, and the public.
- CRDN 2.12 Implement culturally sensitive strategies to address cultural biases and differences.
- CRDN 2.13 Advocate for local, state or national legislative and regulatory issues or policies impacting the nutrition and dietetics profession.
- CRDN 3.1 Perform Medical Nutrition Therapy by utilizing the Nutrition Care Process including the use of standardized nutrition terminology as a part of the clinical workflow for individuals, groups and populations of differing ages and health status, in a variety of settings.
- CRDN 3.2 Conduct nutrition focused physical exams.
- CRDN 3.3 Perform routine health screening assessments including measuring blood pressure, conducting waived point-of-care laboratory testing (such as blood glucose or cholesterol), recommending and/or initiating nutrition-related pharmacotherapy plans (such as modifications to bowel regimens, carbohydrate to insulin ratio, B12 or iron supplementation).
- CRDN 3.4 Provide instruction to clients/patients for self-monitoring blood glucose, considering diabetes medication and medical nutrition therapy plan.
- CRDN 3.5 Explain the steps involved and observe the placement of nasogastric or nasoenteric feeding tubes; if available, assist in the process of placing nasogastric or nasoenteric feeding tubes.
- CRDN 3.6 Conduct a swallow screen and refer to the appropriate health care professional for full swallow evaluation when needed.
- CRDN 3.7 Demonstrate effective communication and documentation skills for clinical and client services in a variety of formats and settings, which include telehealth and other information technologies and digital media.
- CRDN 3.8 Design, implement and evaluate presentations to a target audience.
- CRDN 3.9 Develop nutrition education materials that are culturally and age appropriate and designed for the literacy level of the audience.

- CRDN 3.10 Use effective education and counseling skills to facilitate behavior change.
- CRDN 3.11 Develop and deliver products, programs or services that promote consumer health, wellness and lifestyle management.
- CRDN 3.12 Deliver respectful, science-based answers to client questions concerning emerging trends.
- CRDN 3.13 Coordinate procurement, production, distribution and service of goods and services, demonstrating and promoting responsible use of resources.
- CRDN 3.14 Develop and evaluate recipes, formulas and menus for acceptability and affordability that accommodate the cultural diversity and health needs of various populations, groups and individuals.
- CRDN 4.1 Participate in management of human resources (such as training and scheduling).
- CRDN 4.2 Perform management functions related to safety, security and sanitation that affect employees, customers, patients, facilities and food.
- CRDN 4.3 Conduct clinical and client service quality management activities (such as quality improvement or quality assurance projects).
- CRDN 4.4 Apply current nutrition informatics to develop, store, retrieve and disseminate information and data.
- CRDN 4.5 Analyze quality, financial and productivity data for use in planning.
- CRDN 4.6 Propose and use procedures as appropriate to the practice setting to promote sustainability, reduce waste and protect the environment.
- CRDN 4.7 Conduct feasibility studies for products, programs or services with consideration of costs and benefits.
- CRDN 4.8 Develop a plan to provide or develop a product, program or service that includes a budget, staffing needs, equipment and supplies.
- CRDN 4.9 Engage the process for coding and billing for nutrition and dietetics services to obtain reimbursement from public or private payers, fee-for-service and value-based payment systems.
- CRDN 4.10 Analyze risk in nutrition and dietetics practice (such as risks to achieving set goals and objectives, risk management plan, or risk due to clinical liability or foodborne illness).
- CRDN 5.1 Perform self-assessment that includes awareness in terms of learning and leadership styles and cultural orientation and develop goals for self-improvement.
- CRDN 5.2 Identify and articulate one's skills, strengths, knowledge and experiences relevant to the position desired and career goals.
- CRDN 5.3 Prepare a plan for professional development according to Commission on Dietetic Registration guidelines.
- CRDN 5.4 Advocate for opportunities in professional settings (such as asking for additional responsibility, practicing negotiating a salary or wage or asking for a promotion).
- CRDN 5.5 Demonstrate the ability to resolve conflict.
- CRDN 5.6 Promote team involvement and recognize the skills of each member.
- CRDN 5.7 Mentor others.
- CRDN 5.8 Identify and articulate the value of precepting.



NUMBER OF STUDENTS ADMITTED, ENROLLED, AND GRADUATED IN THE LAST FIVE YEARS

Number of admitted students
per academic year

Number of enrolled students
per academic year

Number of graduates
per year





Admission Requirements

APPLICANT PROFILE

We seek students who are observant, critical, reflective, analytical, tenacious, cooperative, and honest; committed to public health; and with basic knowledge of the life sciences and mathematics. They should also possess manual skills and be willing to work both independently and as part of collaborative teams to serve and support the community.

REQUIRED DOCUMENTATION FOR ADMISSION

Mandatory documents:

- National ID card or valid passport.

Note: All student information is obtained automatically through the Unified Registry.

ADMISSION PROCESS

To begin your program at ESPOL, complete the following steps:

Mandatory National Registration: Register on the platform of the National Secretariat for Higher Education, Science, Technology and Innovation (SENESCYT). This step is required to apply to any public university in the country.

ESPOL access process:

- a. Register for ESPOL's entrance exam; this is a mandatory prerequisite before the application process.
- b. Take the entrance exam, which assesses your skills and knowledge.
- c. Apply to the degree programs that interest you (you may choose up to three).
- d. Accept your seat if one is assigned to you.

Admission Registration: Once you have accepted your seat, officially enroll in the Academic Leveling Course.

Academic Leveling Course: Prepare for your degree with introductory courses that strengthen your academic competencies.

CONTACT FOR THE UNIT RESPONSIBLE FOR ADMISSIONS

Address: ESPOL Campus Gustavo Galindo, Km 30.5 Vía Perimetral, Guayaquil – Ecuador

Office Hours: Monday to Friday, 8:30 a.m.–4:00 p.m.

For applicant and student inquiries: admission@espol.edu.ec





Curriculum

GRADUATION REQUIREMENTS

To obtain the Bachelor of Science in Nutrition and Dietetics degree, the following requirements must be met:

CATEGORY	CREDITS
Professional Training	67
General Education	21
Math and Basic Sciences	15
Curricular Integration Unit	8
Arts, sports and languages elective courses	1
Humanities elective courses	1
Supervised Practice	43
TOTAL	156

REQUIRED, ELECTIVE, AND FREE ELECTIVE COURSES

SPORTS NUTRITION

Credits: 2 **Code:** NUTG2035

In this course aimed at nutrition and dietetics students, the basic concepts of sports nutrition and physical activity are studied as strategies to ensure a healthy lifestyle. In addition, the metabolism is reviewed to obtain energy during physical exercises and sports of short and long duration; as well as nutritional guidelines for the development of meal plans to improve athletic performance. Finally, the relevance of the use of nutritional supplements with a scientific basis is studied.

PROBLEM SOLVING

Credits: 3 **Code:** INDG1033

In this course, students apply the Design Thinking methodology to identify, analyze real-life problems or needs, to design innovative solutions. Students work in multidisciplinary teams to present solution proposals that add value to customers/users from private companies, public organizations and non-profit organizations.

ENTREPRENEURSHIP AND INNOVATION

Credits: 3 **Code:** ADMG1005

This transversal course addresses the conditions required to innovate and the process associated with developing an innovation from an entrepreneurial point of view. Subsequently, topics such as the identification of opportunities, value creation, and prototyping and validation of products/services proposals are reviewed, as well as the elements of the business model and financial considerations that are essential for the feasibility and adoption of an innovation. Finally, entrepreneurial competences and process associated with the development and adoption of an innovation are studied.

PROGRAMMING FUNDAMENTALS

Credits: 3 **Code:** CCPG1043

The course presents students with strategies to solve common problems in various professional fields through the design and implementation of solutions based on the use of a programming language. It covers the basic principles so that the student can read and write programs; emphasizing the design and analysis of algorithms. In addition, it introduces students to the use of development and debugging tools.



NUTRITIONAL ANTHROPOLOGY

Credits: 2 **Code:** MEDG2012

The Nutritional Anthropology course is the first professional training subject that studies the evolutionary, sociocultural and behavioral perspectives of food and nutrition in Ecuador and the world. In addition, the interaction of each behavior and the impact of diet on the development and nutritional health of individuals are analyzed. On the other hand, the ecological model for nutrition that helps in the understanding and modeling of the interactions between human beings and food is described.

NUTRITIONAL FOOD ANALYSIS

Credits: 2 **Code:** MEDG2013

This course studies the composition of foods and their qualitative and quantitative analytical techniques for the elaboration of nutrition facts tables. In addition, it analyzes the nutritional information of foods for the assessment of their components. Finally, the specifications of food nutritional labeling are studied as a guide for the integration of knowledge.

CELLULAR AND MOLECULAR BIOLOGY

Credits: 2 **Code:** BIOG1021

Molecular and Cell Biology Course study topics such as biological process at cellular and molecular level. It makes a review of cellular chemistry, Molecular Biology dogma central process, cellular membrane structure and cellular signal transduction process. By activities in the laboratory, it makes some review methodologies nowadays applied to nucleic acid, genes and genomes studies. Finally, using the critical and logical thinking, the course integrates various aspects which lead to dilute the cellular and molecular processes that govern the different biological systems.

GENERAL BIOLOGY

Credits: 2 **Code:** BIOG1022

The course of General Biology belongs to the basic subjects and is aimed at students who are in the first year. It addresses the study of living beings, from the organization and properties of biological macromolecules to the structure, function and composition of prokaryotic and eukaryotic cells. Additionally, there is a unit comprising an overview of cellular metabolism. Subunits involving the examination of the functions performed by the organelles are also included. This program also incorporates the study of genetic material, how it is inherited and its role for the observable characteristics of each living being. Techniques and methods of analysis of experimental data, case studies and application of the scientific method and critical thinking are used, which are essential for the understanding of biological sciences in its trasnversal fields.

BIOETHICS

Credits: 2 **Code:** NUTG2026

The Bioethics subject is professionally oriented in which the ethical aspects of life sciences are presented, considering human beings as research subjects. The historical facts that promoted the formulation of ethical standards for research with human subjects such as the Nuremberg Code, Declaration of Helsinki, Belmont Report, and CIOMS Guidelines are studied. Finally, the application of international and local standards in the context of scientific development in Ecuador is discussed.

NUTRITIONAL ADVANCING

Credits: 2 **Code:** MEDG2014

This vocational training course addresses the study of the theories and models that underpin the nutritional Advancing. It emphasizes the development of communication skills of the individual, while applying Advancing techniques during the nutritional care process to improve the health of the patient.



ADVANCED DIET THERAPY

Credits: 2 **Code:** NUTG2027

This course addresses planning of personalized diets in subjects with diet-related diseases for the dietary intervention that contributes to the recovery of health.

BASIC DIET THERAPY

Credits: 2 **Code:** NUTG2028

This course provides the basic knowledge for menu planning in healthy individuals adjusted to the nutritional requirements to promote a healthy diet. It also addresses the design of therapeutic diets for subjects suffering from digestive diseases.

EPIDEMIOLOGY AND PUBLIC HEALTH

Credits: 2 **Code:** MEDG2015

Epidemiology and Public Health is a subject of professional formation, which provides training on the distribution and determinants of health prevalence at local and global levels. It also addresses the study of national and international policies and programs that promote the control of non-communicable diseases and the promotion of individual and collective health in Ecuador.

NUTRITIONAL ASSESMENT I

Credits: 2 **Code:** NUTG2029

This course addresses the Nutritional Care Process as a standardized model for the provision of services and care in nutrition and dietetics. Likewise, it delves into the systematic process of collecting and interpreting anthropometric, biochemical, clinical and dietary information that describes the integral nutritional status of an individual and identifies health problems with a nutritional basis.

NUTRITIONAL ASSESMENT II

Credits: 2 **Code:** NUTG2030

In this course first step of the Nutrition Care Process is applied to each stage of the life cycle from pregnancy to geriatric age. In addition, complementary nutritional assessment methods are studied to individualize the collection and interpretation of anthropometric, biochemical, dietary and clinical information according to the physiological aspects of these populations.

PHARMACOLOGY AND NUTRITION

Credits: 2 **Code:** MEDG2016

In this professional formation course, the system of drug-food interactions is studied, as well as the effect of drugs on the nutritional status of the individual in the life cycle, to be considered in the follow up of the treatment of the main pathologies of nutritional origin. In addition, pharmacological guidelines established by different health entities worldwide are reviewed as tools for the integration of knowledge.

BIOCHEMISTRY

Credits: 2 **Code:** BIOG1024

The biochemistry course is aimed to serve transversally to students of careers with a biological nature. It includes an introduction to biochemistry and the principles of bioenergetics. The dynamics of the metabolic processes of the main biomolecules that allow the development of life are studied. Each metabolic pathway is described in chemical and enzymatic terms, the energy requirements and energy sources are demonstrated, and it concludes with the description of the regulatory mechanisms of the different pathways. Additionally, the biosynthesis and degradation routes of each of the biomolecules are described: carbohydrates, lipids and nitrogenous compounds (proteins), for a better understanding of the origins of life on earth.



LIFE SCIENCE RESEARCH

Credits: 2 Code: BIOG1026

The course aims to develop student's skills and competences related to the development of the scientific method within the field of life sciences, through knowledge of the theoretical foundations and processes of scientific such as elaboration of the theoretical framework, formulation of hypotheses, objectives and research variables that allow the development of protocols and data processing, as well as processes of generation, circulation, communication and management of scientific knowledge and its social and ethical impact in the context of current science and society.

LEGISLATION AND FOOD SOVEREIGNTY

Credits: 2 Code: MEDG2017

This course studies the national and international food laws and regulations on the production, marketing, and promotion of food. It also analyzes the legal framework and international agreements that guarantee fairness in marketing from the producer to the consumer. On the other hand, the food and nutritional security situation is analyzed in an internal and external context. It also studies the strategies to contribute to the improvement of the quality of life of the most vulnerable sectors.

NUTRITION AND DIETETICS CAPSTONE COURSE

Credits: 3 Code: NUTG2031

In this final year course the student carries out a project where the application of the theoretical and technical knowledge acquired and aligned to the career profile is evidenced, which promotes multidisciplinary, from the identification of problems with real restrictions, to decision making involving the design, improvement, modeling, simulation and/or construction of projects, processes, prototypes, products and/or services that provide solutions to the problems identified.

GENERAL MICROBIOLOGY

Credits: 2 Code: BIOG1028

General Microbiology is designed for undergraduate students; it covers the study of microorganisms and their main physiological, nutritional, metabolic and reproductive characteristics, as well as, the different biochemical processes carried out inside the microbial cell during energetic performance. Assisted by practical sessions, this module allows the development of useful abilities that would help the students to separate and recognise different types of microorganisms by phenotypic and molecular methods, serving as a powerful tool for biotechnological applications.

HUMAN MORPHOPHYSIOLOGY I

Credits: 2 Code: MEDG2018

In this professional training course, the structure and organization of the human body are studied, as well as the medical terminology related to principles of support, movement and maintenance of the body. The physiology of the regulation mechanisms of the organs is also addressed with a basic clinical approach for the understanding of the pathophysiological processes present in clinical entities secondary to the alteration of the fulfillment of their vital functions.

HUMAN MORPHOPHYSIOLOGY II

Credits: 2 Code: MEDG2019

This professional training course, addresses the study of structure and function of regulatory organs of digestion and body balance necessary for the identification of clinical alterations during professional practice.

CLINICAL NUTRITION I

Credits: 3 Code: NUTG2032

This professional course provides knowledge related to origins, diagnostic criteria, pathophysiology, medical-nutritional treatments about chronic noncommunicable diseases that affect the individual's health status for the application of the nutritional care process.



CLINICAL NUTRITION II

Credits: 2 **Code:** NUTG2033

This professional course provides the knowledge necessary for the training of future professionals who need to understand the role of foods and its involvement in pathological processes of diseases. Also the contribution of foods to the nutritional treatment, and complementing other therapeutic measures, involved in different processes that may alter the well-being of the individual

CLINICAL NUTRITION III

Credits: 2 **Code:** NUTG2034

This theoretical and practical professional training course provides knowledge on medical and nutritional management in clinical and surgical pathologies. Likewise, it places special emphasis on the integration of the integral evaluation of individuals and the use of appropriate scientific evidence sources for the application of the basic principles of metabolic support in the implementation of nutritional strategies and the design of an enteral or parental support plan in specific clinical conditions that affect the nutritional status through active participation in a multidisciplinary health team.

NUTRITION THROUGH THE LIFE CYCLE I

Credits: 3 **Code:** NUTG2036

In this course aimed at nutrition and dietetics students, food consumption standards and nutritional recommendations are studied based on the physiological changes that occur in the stages of school age, puberty, adolescence, adulthood, and old age. Additionally, the factors that influence the pattern of food consumption are addressed, as well as the impact of malnutrition on the health of the individual.

NUTRITION THROUGH THE LIFE CYCLE II

Credits: 3 **Code:** NUTG2037

In this course, it is presented to the students of Nutrition and Dietetics, the dietary and lifestyle factors that affect nutritional health in the life cycle such as pregnancy, postpartum, breastfeeding, infancy and childhood up to 5 years of age. In addition, it covers national and international maternal and child health care guidelines.

TRENDS IN NUTRITION

Credits: 2 **Code:** NUTG2038

The Trends in Nutrition course is professional-oriented and addresses the evaluation criteria of scientific evidence in the field of health applied to human nutrition. In addition, it is discussed the importance of evidence-based practice for making relevant clinical decisions in professional practice. As well as, the epistemological horizons towards which human nutrition and related sciences are directed.

FOOD SERVICES

Credits: 3 **Code:** NUTG2039

Food Services is a professional training subject that imparts knowledge to offer healthy food services by the application of quality standards. In addition, this subject studies the administrative process, menu planning, economic management, infrastructure and installation standards, GMP, and HACCP.

FOOD AND NUTRITIONAL TOXICOLOGY

Credits: 2 **Code:** NUTG2040

The subject of Nutritional and Food Toxicology is professionally oriented and covers the principles of toxicology in the absorption, distribution, metabolism, and excretion of toxic agents present in ingested food. Finally, it discusses the toxicity of contaminants in food and the safety analysis involved.



COMMUNITY HEALTH

Credits: 2 Code: MEDG2020

This professional training course addresses the general concepts related to community health. In addition, it studies the phases for the elaboration of a community health project for the design of programs and participatory strategies for health and nutritional intervention in Ecuador.

HUMAN NUTRITION AND METABOLISM

Credits: 3 Code: NUTG2041

In this course aimed at nutrition and dietetics students, the necessary knowledge is taught to understand the scientific bases of nutrition and its relationship with health. Additionally, macronutrient and micronutrient metabolism processes that allow the homeostatic balance of the human body are analyzed.

DIETETIC TECHNIQUES

Credits: 2 Code: NUTG2042

The subject of Dietary Techniques belongs to the professional training unit in which the different food groups are studied based on their structure and nutritional composition. Including the bioavailability of nutrients and the conditions required for their increase. In addition, the appropriate preparation and cooking methods for each food group are studied, as well as the physical-chemical changes that these generate in food, in order to preserve and enhance the nutritional and organoleptic properties of the food preparations that are made.

CULINARY TECHNIQUES

Credits: 2 Code: NUTG2043

The Culinary Techniques course is the first professional training subject that provides students with a theoretical and practical approach to food handling and preparation. This course covers general aspects of food and its classification based on origin and food groups. It also reviews basic food handling standards and their importance in the preparation of safe (wholesome) food. Finally, theoretical knowledge is applied in the laboratory, where basic culinary techniques are reproduced, and the physical and organoleptic changes in food are observed.

COMMUNICATION

Credits: 2 Code: IDIG2012

In this subject, we study the development of the academic prosumer profile of the students, which should be consolidated throughout each individual's life, based on the processing of complex, holistic, and critical thinking. We aim to foster understanding and the production of academic knowledge through rigorous analysis of realities and readings from various academic/scientific sources.

STATISTICS

Credits: 2 Code: ESTG2004

The Statistics course provides students with the basic knowledge that will help them convert a data set into useful information for making decisions in scenarios of uncertainty. It encompasses different methods of tabulation and data analysis, the introduction of the concept of probability as a measure of uncertainty and mathematical models of discrete and continuous random variables. Additionally, analysis techniques such as regression and hypothesis testing of population parameters are included.

MATHEMATICS

Credits: 3 Code: MATG2007

Mathematics is a basic course aimed at the training of professionals in Archeology, Nutrition and Tourism. His program comprises four units: logic and sets, real numbers, and systems of equations, real variable functions, and plane and space geometry. Each unit analyzes the theoretical foundations and their application in problem solving.



ENGLISH I

Credits: 2 Code: IDIG1006

This basic and general education subject presents grammatical structures to produce a simple paragraph based on a writing program. Additionally, it allows the identification of a specific argument in oral and written communication. It also considers learners' personal opinions about different topics related to social, academic, and professional aspects. It includes the necessary vocabulary to make comparisons between present and past, books or movies description, creation of simple students' profile, opinions about inventions, formal apologies and tell past events.

ENGLISH II

Credits: 2 Code: IDIG1007

This subject of basic formation and general education presents the grammatical structures for the production of an academic paragraph, through the development of the writing program in a transversal way. In addition, it allows the identification of specific arguments in oral and written communication, considering the production of one's own criteria on different topics of a social, academic or professional nature. The necessary vocabulary is also applied to refer to the different forms of communication, share work experiences and the use of digital technology, tell short stories about interpersonal relationship and personalities, and comment on the future of the environment.

ENGLISH III

Credits: 2 Code: IDIG1008

This subject of basic instruction and general education presents grammatical topics for the elaboration of an outline and a structured composition, through the development of the writing program in a transversal way. In addition, it allows the identification of arguments in oral and written communication on contemporary and academic topics. Additionally, appropriate vocabulary is applied to discuss issues related to different cultures, places where we live, everyday news, entertainment media, and past and future opportunities.

ENGLISH IV

Credits: 2 Code: IDIG1009

This subject of basic formation and general education, presents the grammar structures to produce a persuasive essay, through the transversal development of the writing programme. In addition, it allows students to identify specific arguments in the oral and written communication, as well as, to express their own opinions about different topics of social, academic, or professional fields. It also includes the necessary vocabulary to establish a conversation, narrate situations of their environment, activities to reach their goals, analyze cause and effect and personal and professional opportunities.

ENGLISH V

Credits: 2 Code: IDIG1010

This general education and foundational course provides students with the necessary structures for producing a persuasive essay through a cross-curricular writing program. It also enables the identification of specific arguments in both oral and written communication, fostering the development of personal viewpoints on social, academic, or professional issues. In addition, students apply the appropriate vocabulary to engage in discussions about decision-making, daily life and household changes, financial challenges, as well as moral dilemmas and achievements throughout their personal, academic, and professional lives.

GENERAL CHEMISTRY

Credits: 3 Code: QUIG1032

General Chemistry is a theoretical-practical course aimed at the basic training of professionals in the areas of Engineering and Natural Sciences, which provides a scientific basis of the matter and its interactions, and seeks to develop in students the ability to solve problems related to the content of the subject. It begins with an Introduction to Thermochemistry, then the analysis of the physicochemical properties derived from the state of aggregation of matter: liquids, solids and solutions, the study of the Kinetics and Equilibrium of reactions and solubility.



ORGANIC CHEMISTRY

Credits: 2 **Code:** QUIG1035

Organic Chemistry is a course for Biology, Nutrition and Dietetics, Food, Agriculture, and Aquaculture students. This course studies the principal rules of IUPAC nomenclature for the naming of organic compounds; also includes the study of the structures, properties, and reactions of organic compounds with a wide interest in several industries. Active learning, discussion, and problem-solving in the laboratory are part of the course teaching methodology, which contributes to the development of skills for the design and execution of laboratory tests.

SUSTAINABILITY SCIENCE

Credits: 3 **Code:** AD SG1026

This transversal training course for all students of the institution has five chapters. It introduces the key principles of sustainability and the path to sustainable development. Addresses ecological principles by deepening into biodiversity, ecosystems, human population and ecosystem services. Study the fundamentals of renewable and non-renewable resources as well as the alternatives for sustainable use. Analyzes environmental quality specifically in the air, water and soil components, delving into issues such as climate change, eutrophication and deforestation. Finally, it emphasizes on the economic axis with topics such as circular economy and on the social axis on topics such as governance and urban planning.

SUPERVISED PRACTICE

Credits: 43 **Code:** -

Is a comprehensive supervised practice experience composed of four clinical and public health nutrition rotations: Clinical Nutrition, Hospital Food Service Management, Community Nutrition, and Food and Nutrition Promotion. Students integrate and apply advanced knowledge in medical nutrition therapy, foodservice operations, nutrition education, and public health nutrition. Each Supervised Practice is designed to develop competencies in real-world settings through direct patient care, management projects, community interventions, and educational programming.



COMMUNITY SERVICE INTERNSHIPS

Community internships are designed to strengthen the connection between students and society through socially focused projects. In this program, they may be completed starting in the fourth year (sixth semester).

Registration requirements:

- Have passed the courses required for the type of internship.
- Have active enrollment for the academic term.
- Not be on academic probation.
- Not have another active application for community internships.
- Have available credits (2 credits for community service internships, within the maximum of 15 credits allowed per term).

For more information on calls for applications and registration processes, please contact the program's internships coordinator.

PRE-PROFESSIONAL BUSINESS INTERNSHIPS

These internships allow students to apply their knowledge in real settings within the productive or business environment. They may be undertaken beginning at the upper levels of the curriculum, as established by each program.

Registration requirements:

- Have passed the courses required for the type of internship.
- Have active enrollment for the corresponding academic term.
- Not be on academic probation.
- Have available credits (5 credits for pre-professional business internships, within the maximum of 15 credits allowed per academic term).

For details on planning, specific requirements, and partner companies, please consult the program's internships coordinator.

ACADEMIC CALENDAR

All academic programs are governed by the ESPOL Academic Calendar, which sets the dates for registration, the start and end of classes, grading periods, exams, vacations, and holidays. To view the complete calendar and official deadlines, visit <https://www.espol.edu.ec/en/vida-politecnica/calendario-grado>.





Leadership and Faculty

PROGRAM AUTHORITIES AND COORDINATORS



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Outreach Internship

Coordinators

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Costs and Financial Aid

TUITION AND FEES

At ESPOL, access to public higher education is free through the third level, in accordance with current regulations. This free tuition covers the first ordinary enrollment, both in the academic leveling courses and in degree programs. If a second enrollment is required in admission courses, students must pay a fixed enrollment fee and a proportional fee for each course, determined by the type of high school of origin and the number of class hours. For degree-seeking students who, for various reasons, no longer qualify for free tuition, a fixed enrollment fee per academic term will apply, along with a fee per enrolled credit. There are also fees for other institutional services such as certificates, course equivalency evaluations (homologaciones), or diploma reprints.

Source: Regulations on Fees, Enrollment, and Charges for the Admissions Level and Undergraduate Level at ESPOL.

OTHER COSTS ASSOCIATED WITH THE PROGRAM

As a public higher education institution, ESPOL is free through the third level, observing students' academic responsibility as established in the Higher Education Law (LOES). However, there are amounts set by ESPOL—based on its university autonomy—for procedures related to student services. These amounts are paid by the student only when the student requests the service.

Source: Regulation to Ensure Compliance with Free Public Higher Education and Higher Education Law (LOES).

SCHOLARSHIPS AND FINANCIAL AID

ESPOL offers scholarships and economic assistance to undergraduate students to promote equal opportunities and support academic performance. These are awarded based on criteria such as limited economic status, academic excellence, scientific or athletic merit, disability, gender equity, being the top high school graduate, or situations of high vulnerability. Resources may cover food, transportation, or academic materials.

Eligibility criteria: The student must be in regular status; not have recently failed courses; and meet the specific requirements of each type of scholarship or aid. In addition, students may apply for teaching, research, or administrative assistantships, which recognize academic effort with a monthly financial stipend.

Source: Regulations on Scholarships and Economic Assistance for Undergraduate Students





Facilities and Resources

LABORATORIES AND RESEARCH CENTERS OF THE ACADEMIC UNIT

The Faculty of Life Sciences (FCV) has specialized laboratories and research centers that support the study, analysis, and application of knowledge, fostering hands-on learning, interdisciplinary research, and engagement with productive and community sectors.

To learn more about our laboratories and active research areas, visit our website:

<https://www.fcv.espol.edu.ec/es/centros-y-laboratorios>

SPORTS FACILITIES AND CULTURAL SPACES

In addition to its academic offerings, ESPOL provides sports facilities that promote physical well-being, holistic health, and an active campus life. These spaces allow students to complement their education through recreational and athletic activities. Explore these spaces and their activities at: <https://www.fcv.espol.edu.ec/en/centers-and-laboratories>

Likewise, FCV has spaces dedicated to showcasing cultural, scientific, and outreach activities that reflect the diversity of approaches and the commitment of our students and faculty to human and sustainable development. Learn more at: <https://www.fcv.espol.edu.ec/en/student-life>





Institutional Policies

CREDIT TRANSFER

ESPOL allows the transfer of academic credits through a course equivalency process, applicable to studies completed at other higher education institutions as well as within the same university.

There are two main mechanisms: comparative content analysis (requires at least 80% similarity in content and contact hours) and knowledge validation through assessment. Equivalency does not apply to degree projects/theses and must be requested at the first enrollment in the course.

Source: Guidelines for the Equivalency and Accreditation of Undergraduate and Graduate Studies.

COMPLAINTS AND APPEALS

To submit a complaint or appeal regarding administrative services, ESPOL provides a Suggestion Box managed by the Polytechnic Welfare Manager, where students can submit suggestions, comments, or concerns related to sports services, dining, medical care, psychological care, scholarships and financial aid, bicycle services, gyms, social work, or other services.

An assigned analyst will manage each case and provide timely follow-up until resolution.

To express concerns regarding academic services (courses, instructors, advising, and related matters), students should contact their program coordinator, who will provide assistance and guidance on the steps to follow.

RULES AND REGULATIONS OF CONDUCT

ESPOL promotes campus life grounded in the principles of respect, ethics, and integrity. Any action or omission that violates these principles constitutes a disciplinary offense, which may be classified as minor, serious, or very serious.

Sanctioned behaviors include academic fraud, disrespect, violence (including digital or gender-based), damage to institutional property, identity theft, and misuse of resources.

Sanctions range from a written reprimand to permanent separation from the institution, depending on the seriousness of the offense and the presence of aggravating or mitigating circumstances.

Source: ESPOL Disciplinary Regulations.

NON-DISCRIMINATION POLICY

ESPOL guarantees an educational and work environment free from all forms of discrimination based on gender, ethnicity, religion, sexual orientation, disability, age, or any other condition. We have a policy applicable to students, academic staff, administrative staff, and visitors at campuses, sites, and institutional activities. It is based on the principles of neutrality, impartiality, confidentiality, presumption of innocence, and protection against retaliation. Reports or complaints are filed with Student Affairs and the Polytechnic Welfare Manager, activating informal or formal procedures depending on severity, with prompt action and full respect for the rights of the persons involved.

Source: Protocol for the Prevention of and Response to Cases of Harassment, Discrimination, and Gender-Based Violence at ESPOL.

ASSESSMENT OF LEARNING OUTCOMES

At ESPOL we assess your learning using standardized tools and rubrics to monitor the achievement of your program's outcomes. Faculty evaluate your competencies, thereby ensuring the continuous improvement of your performance.



ACCIDENT INSURANCE

ESPOL has an accident insurance policy that covers students on campus, including supervised professional practice, with emergency medical care, hospitalization, and reimbursement of expenses according to the policy terms.

For more details, consult the Health and Safety Regulations.

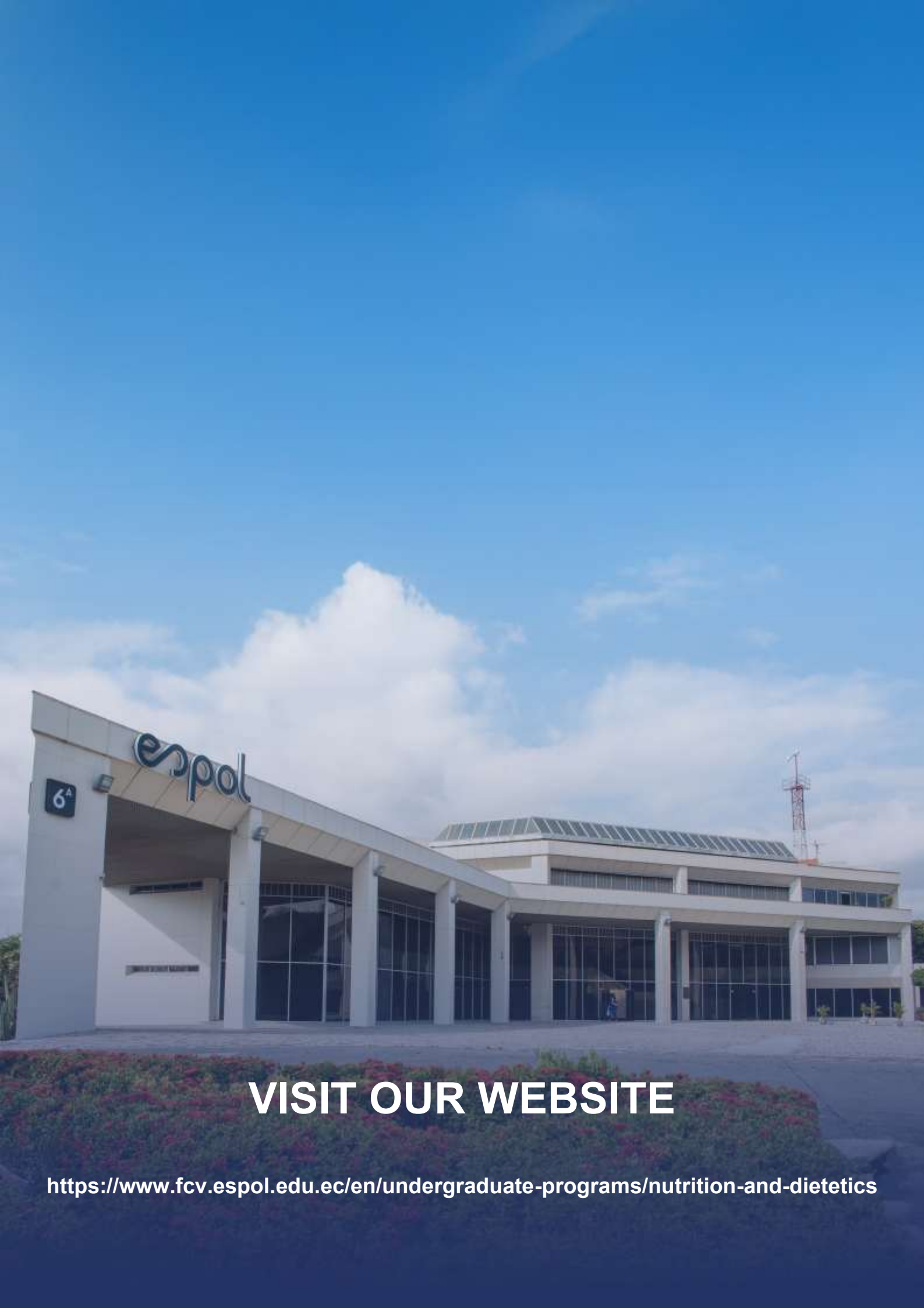
TEACHING AND ASSESSMENT MODALITIES

Throughout their studies, students participate in diverse learning activities under an on-campus, theory–practice model that includes training workshops, supervised practice, community engagement activities, capstone projects, and applied interdisciplinary and intersectoral work to evaluate competencies and learning outcomes on an ongoing basis.

DATA PROTECTION AND ACCESS

At ESPOL we protect your personal data in accordance with the Organic Law on Personal Data Protection, ensuring the confidentiality, integrity, and availability of information across all our systems and processes. Students may review their academic records—course history, grades, and personal documents—at any time through the Portal





VISIT OUR WEBSITE

<https://www.fcv.espol.edu.ec/en/undergraduate-programs/nutrition-and-dietetics>