

実務研修項目一覧

※実務者研修単位は、一覧の横系列で単位の互換性があるので、各専門領域を超えての受講も可能です。

| 大項目 | 中項目 | 科目 | 臨床栄養:R | | | 学校栄養:G | | | 健康・スポーツ栄養:KS | | | 給食管理:K | | | 公衆栄養:P | | | 地域栄養:T | | | 福祉栄養(高齢者・障がい者):FS | | | 福祉栄養(児童):FG | | | | | | |
|----------------|----------------------|--------------------------------|---------|-----|-----|--------|-----|------|--------------|------|-----|--------|-----|-----|--------|-----|-----|--------|------|------|-------------------|------|------|-------------|-----|------|------|------|-----|---|
| | | | 項目番号 | 講義 | 演習 | 項目番号 | 講義 | 演習 | 項目番号 | 講義 | 演習 | 項目番号 | 講義 | 演習 | 項目番号 | 講義 | 演習 | 項目番号 | 講義 | 演習 | 項目番号 | 講義 | 演習 | 項目番号 | 講義 | 演習 | | | | |
| 食と栄養に関する基礎知識 | 国民の健康の増進の総合的な推進 | 生活習慣病の発生予防と重症化予防 | | | | | | | KS21 | 101 | 3 | K21 | 101 | 3 | P21 | 101 | 3 | T21 | 101 | 3 | | | | | | | | | | |
| | | | | | | | | | | | | K21 | 201 | 1 | P21 | 201 | 1 | T21 | 201 | 1 | | | | | | | | | | |
| | | 身体活動基準の理解と活用 | | | | G21 | 102 | 1 | KS21 | 102 | 1 | K21 | 102 | 1 | | | | | | | T21 | 102 | 1 | FS21 | 102 | 1 | FG21 | 102 | 1 | |
| | | | | | | G21 | 103 | 1 | KS21 | 103 | 1 | K21 | 103 | 1 | | | | | | | T21 | 103 | 1 | FS21 | 103 | 1 | FG21 | 103 | 1 | |
| | | 地域診断の進め方 | | | | | | | KS21 | 104 | 4 | K21 | 104 | 4 | P21 | 104 | 4 | T21 | 104 | 4 | | | | | | | | | | |
| | | スポーツ栄養 | | | | | G21 | 105 | 1 | KS21 | 105 | 1 | | | | P21 | 105 | 1 | T21 | 105 | 1 | | | | | | | FG21 | 105 | 1 |
| | | | | | | | G21 | 106 | 1 | KS21 | 106 | 1 | | | | P21 | 106 | 1 | T21 | 106 | 1 | | | | | | | FG21 | 106 | 1 |
| | | | | | | G21 | 107 | 1 | KS21 | 107 | 1 | | | | P21 | 107 | 1 | T21 | 107 | 1 | | | | | | | FG21 | 107 | 1 | |
| | | | | | | G21 | 108 | 1 | KS21 | 108 | 1 | | | | P21 | 108 | 1 | T21 | 108 | 1 | | | | | | | FG21 | 108 | 1 | |
| | | 社会生活を営むために必要な機能の維持及び向上のための施策形成 | | | | | | | | | | | | | P21 | 109 | 3 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | P21 | 209 | 1 | | | | | | | | | | | | | |
| | | 健康を支え、守るための社会環境の整備 | | | | | | | | | | | | | P21 | 110 | 3 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | P21 | 210 | 1 | | | | | | | | | | | | | |
| | 根拠に基づいた栄養管理 | 病態栄養 | | R23 | 101 | 6 | | | | KS23 | 101 | 6 | K23 | 101 | 3 | P23 | 101 | 5 | T23 | 101 | 5 | FS23 | 101 | 6 | | | | | | |
| | | | | R23 | 102 | | | | | KS23 | 102 | | K23 | 102 | | P23 | 102 | | T23 | 102 | | FS23 | 102 | | | | | | | |
| | | | | R23 | 103 | | | | | KS23 | 103 | | K23 | 103 | | P23 | 103 | | T23 | 103 | | FS23 | 103 | | | | | | | |
| | | | | R23 | 104 | | | | | KS23 | 104 | | K23 | 104 | | P23 | 104 | | T23 | 104 | | FS23 | 104 | | | | | | | |
| | | | | R23 | 105 | | | | | KS23 | 105 | | K23 | 105 | | P23 | 105 | | T23 | 105 | | FS23 | 105 | | | | | | | |
| | | | | R23 | 106 | | | | | KS23 | 106 | | K23 | 106 | | P23 | 106 | | T23 | 106 | | FS23 | 106 | | | | | | | |
| | | | | R23 | 107 | | | | | KS23 | 107 | | | | | P23 | 107 | | T23 | 107 | | FS23 | 107 | | | | | | | |
| | | | R23 | 108 | | | | | KS23 | 108 | | | | | P23 | 108 | | T23 | 108 | | FS23 | 108 | | | | | | | | |
| | | | R23 | 109 | | | | | KS23 | 109 | | | | | P23 | 109 | | T23 | 109 | | FS23 | 109 | | | | | | | | |
| | | | R23 | 110 | | | | | KS23 | 110 | | | | | P23 | 110 | | T23 | 110 | | FS23 | 110 | | | | | | | | |
| | | | R23 | 111 | | | | | KS23 | 111 | | | | | P23 | 111 | | T23 | 111 | | FS23 | 111 | | | | | | | | |
| | | | R23 | 200 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 食物アレルギー | R23 | 112 | 1 | G23 | 112 | 1 | KS23 | 112 | 1 | K23 | 112 | 1 | P23 | 112 | 1 | T23 | 112 | 1 | FS23 | 112 | 1 | | | | FG23 | 112 | 1 |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | FG23 | 212 | 1 | |
| | | 授乳・離乳の支援ガイド | | | | | | | | | | | | | P23 | 113 | 1 | T23 | 113 | 1 | | | | | | | FG23 | 113 | 1 | |
| | | | | | | | | | | | | | | | P23 | 213 | 1 | | 213 | 1 | | | | | | | FG23 | 213 | 1 | |
| | | 小児の発育・発達 | | | | | | | KS23 | 114 | 3 | | | | P23 | 114 | 3 | T23 | 114 | 3 | | | | | | | FG23 | 114 | 3 | |
| | | 小児の栄養 | | | | | | | | | | | | | P23 | 115 | 3 | T23 | 115 | 3 | | | | | | | FG23 | 115 | 3 | |
| | | 成人期の栄養 | | | | | | | KS23 | 116 | 2 | K23 | 116 | 2 | P23 | 116 | 2 | T23 | 116 | 2 | | | | | | | | | | |
| | | 高齢者の栄養政策 | | | | | | | KS23 | 117 | 3 | | | | P23 | 117 | 3 | T23 | 117 | 3 | | | | | | | | | | |
| | | | | | | | | KS23 | 217 | 1 | | | | P23 | 217 | 1 | T23 | 217 | 1 | | | | | | | | | | | |
| | 摂食・嚥下機能 | R23 | 118 | 1 | | | | | | | | | | P23 | 118 | 1 | T23 | 118 | 1 | FS23 | 118 | 1 | FG23 | 118 | 1 | | | | | |
| | | R23 | 218 | 1 | | | | | | | | | | P23 | 218 | 1 | T23 | 218 | 1 | FS23 | 218 | 1 | FG23 | 218 | 1 | | | | | |
| | 認知症 | R23 | 119 | 1 | | | | | | | | | | P23 | 119 | 1 | T23 | 119 | 1 | FS23 | 119 | 1 | | | | | | | | |
| | 褥瘡 | R23 | 120 | 1 | | | | | | | | | | P23 | 120 | 1 | T23 | 120 | 1 | FS23 | 120 | 1 | | | | | | | | |
| | COPDとサルコペニア | R23 | 121 | 2 | | | | KS23 | 121 | 2 | | | | P23 | 121 | 2 | T23 | 121 | 2 | FS23 | 121 | 2 | | | | | | | | |
| | 高齢期の栄養状態 | | | | | | | | | | | | | | | | | | | FS23 | 122 | 3 | | | | | | | | |
| 栄養素の消化と吸収(代謝) | 栄養生理栄養素と代謝 | | | | G25 | 101 | 4 | KS25 | 101 | 4 | K25 | 101 | 4 | P25 | 101 | 4 | T25 | 101 | 4 | | | | | | | | | | | |
| | 栄養教育のための栄養生理 | | | | G25 | 102 | 3 | KS25 | 102 | 3 | | | | P25 | 102 | 3 | T25 | 102 | 3 | | | | | | | FG25 | 102 | 3 | | |
| 食事管理プロセス | 療養食 | 障がい特性 | | | | | | | | | | | | | | | | T30 | 102 | 1 | FS30 | 102 | 1 | FG30 | 102 | 1 | | | | |
| | | 特定給食施設における栄養管理 | | | | | | | | | | K30 | 103 | 4 | P30 | 103 | 4 | | | | | | | | | | | | | |
| | | フードサービス | | | | | | | KS30 | 104 | 2 | K30 | 104 | 2 | P30 | 104 | 2 | T30 | 104 | 2 | | | | | | | | | | |
| | | | | | | G32 | 101 | 2 | | | | | | | | | | | | | | | | | | | | | | |
| | 栄養食事基準 | 学校給食摂取基準 | | | | G32 | 201 | 1 | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | G34 | 101 | 1 | | | | | | | | | | | | | | | | | | | | | | |
| | 献立計画 | 栄養補給法 | | | | G34 | 102 | 1 | | | | | | | | | | | | | | | | | | | | | | |
| | | 献立作成 | | | | G35 | 101 | 1 | | | | | | | | | | T35 | 101 | 1 | | | | | | | | | | |
| | 実施献立(調理・盛付・配膳・食材料管理) | 食材料管理 | | | | | | | KS35 | 102 | 2 | K35 | 102 | 2 | P35 | 102 | 2 | T35 | 102 | 2 | FS35 | 102 | 2 | FG35 | 102 | 2 | | | | |
| | | 配膳・調理 | | | | G35 | 103 | 1 | | | | | | | | | | | | | | | | | | | | | | |
| 衛生管理 | 衛生管理 | R37 | 101 | 2 | | | | KS37 | 101 | 2 | K37 | 101 | 2 | P37 | 101 | 2 | T37 | 101 | 2 | FS37 | 101 | 2 | FG37 | 101 | 2 | | | | | |
| | 学校給食における衛生管理 | | | | G37 | 102 | 1 | | | | | | | | | | | | | | | | | | | | | | | |
| 食事管理の改善 | マーケティング | | | | | | | | | | K39 | 101 | 2 | P39 | 101 | 2 | | | | | | | | | | | | | | |
| 栄養アセスメント | スポーツ栄養マネジメント(アセスメント) | | G43 | 101 | 2 | KS43 | 101 | 2 | | | | | | | P43 | 101 | 2 | T43 | 101 | 2 | | | | | | | | | | |
| | | | G43 | 201 | 1 | KS43 | 201 | 1 | | | | | | | P43 | 201 | 1 | T43 | 201 | 1 | | | | | | | | | | |
| | 栄養評価(アセスメント) | | R43 | 102 | 2 | | | | | | | | | | | | | T43 | 102 | 2 | | | | | | | | | | |
| | | | R43 | 202 | 2 | | | | | | | | | | | | | T43 | 202 | 2 | | | | | | | | | | |
| 栄養診断 | 栄養診断 | | R44 | 101 | 1 | | | | | | | | | | | | | T44 | 101 | 1 | FS44 | 101 | 1 | | | | | | | |
| | | | G44 | 102 | 1 | KS44 | 102 | 1 | | | | | | | P44 | 102 | 1 | T44 | 102 | 1 | | | | FG44 | 102 | 1 | | | | |
| 栄養診断にもとづいた管理計画 | スポーツ栄養マネジメントの理解と活用 | | | | | | | | KS45 | 101 | 4 | | | | P45 | 101 | 1 | T45 | 101 | 4 | | | | | | | | | | |
| | | | R45 | 105 | 2 | | | | | | | | | | P45 | 105 | 2 | T45 | 105 | 2 | | | | | | | | | | |
| | | R45 | 205 | 2 | | | | | | | | | | P45 | 205 | 1 | T45 | 205 | 2 | | | | | | | | | | | |
| | 栄養管理計画 | | | | G45 | 106 | 1 | | | | | | | P45 | 106 | 1 | T45 | 106 | 1 | | | | | | | | | | | |
| | 栄養補給法 | | R45 | 107 | 2 | | | | | | | | | | P45 | 107 | 2 | T45 | 107 | 2 | | | | | | | | | | |
| | | | R45 | 207 | 2 | | | | | | | | | | P45 | 207 | 1 | T45 | 207 | 2 | | | | | | | | | | |
| 非経口栄養補給法 | | | | | | | | | | | | | P45 | 108 | 2 | T45 | 108 | 2 | FS45 | 108 | 2 | FG45 | 108 | 2 | | | | | | |
| | | | | | | | | | | | | | | P45 | 208 | 1 | T45 | 208 | 1 | FS45 | 208 | 1 | FG45 | 208 | 1 | | | | | |

| 大項目 | 中項目 | 科目 | 臨床栄養:R | | 学校栄養:G | | 健康・スポーツ栄養:KS | | 給食管理:K | | 公衆栄養:P | | 地域栄養:T | | 福祉栄養(高齢者・障がい者):FS | | 福祉栄養(児童):FG | | | |
|-----------------|-----------------------|------------|-----------|----------|------------|----------|--------------|------------|------------|-----------|------------|-----------|------------|------------|-------------------|------------|-------------|-------------|------------|--|
| | | | 項目番号 | 講義 演習 | 項目番号 | 講義 演習 | 項目番号 | 講義 演習 | 項目番号 | 講義 演習 | 項目番号 | 講義 演習 | 項目番号 | 講義 演習 | 項目番号 | 講義 演習 | 項目番号 | 講義 演習 | | |
| 栄養ケアプロセス | 個人を対象とした栄養指導 | 対象者理解 | | | G46 101 1 | | KS46 101 1 | | | | | P46 101 1 | | | | | | | | |
| | | カウンセリング技法 | | | G46 102 2 | | KS46 102 2 | | | | | | | | | | | | | |
| | | | | | G46 202 1 | | KS46 202 1 | | | | | | | | | | | | | |
| | | 個別指導計画の作成 | | | | | | | | | | | | | | | | | FG46 103 1 | |
| | | 栄養ケアプランの作成 | | | | | | | | | | | P46 104 3 | | T46 104 3 | | FS46 104 3 | | FG46 104 3 | |
| | | | | | | | | | | | | | P46 204 2 | | T46 204 4 | | FS46 204 4 | | FG46 204 4 | |
| | | 食事指導技術 | | | | | | | | | | | P46 105 1 | | T46 105 1 | | FS46 105 1 | | | |
| | | | | | | | | | | | | | P46 205 1 | | T46 205 1 | | FS46 205 1 | | | |
| | | 栄養指導(個人) | R46 106 2 | | | | | | | | | | | | T46 106 2 | | | | | |
| | | | R46 206 2 | | | | | | | | | | | | T46 206 2 | | | | | |
| | | 次世代の栄養政策1 | | | | | | | | | | | P46 107 1 | | T46 107 1 | | | | | |
| | | | | | | | | | | | | | P46 207 1 | | T46 207 1 | | | | | |
| | | 次世代の栄養政策2 | | | | | | | | | | | P46 108 1 | | T46 108 1 | | | | | |
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| | 個別指導(食事指導・食事管理) | | | | G46 109 3 | | KS46 109 3 | | | | | | | | T46 109 3 | | | | FG46 109 3 | |
| | 指導媒体の有効性と作成・活用法 | | | | | | | KS46 110 1 | | | | | | | T46 110 1 | | | | | |
| | | | | | | | | KS46 210 1 | | | | | | | T46 210 1 | | | | | |
| | 食育のための行動科学 | | | | G46 111 1 | | KS46 111 1 | | | | | P46 111 1 | | T46 111 1 | | | | | FG46 111 1 | |
| | 食育教育 | | | | | | | | | K46 112 2 | | P46 112 2 | | | | | | | | |
| | | | | | | | | | | K46 212 1 | | P46 212 1 | | | | | | | | |
| 対人関係スキル | | | | | | | | | | | P46 113 1 | | T46 113 1 | | FS46 113 1 | | | FG46 113 1 | | |
| | | | | | | | | | | | P46 213 1 | | T46 213 1 | | FS46 213 1 | | | FG46 213 1 | | |
| 集団を対象とした栄養指導 | 対象者に合わせた効果的な情報提供方法 | | | | G47 101 1 | | | | | | | | | T47 101 1 | | | | FG47 101 1 | | |
| | | | | | G47 201 1 | | | | | | | | | T47 201 1 | | | | FG47 201 1 | | |
| | 集団栄養指導 | | | | G47 102 1 | | | | | | | | | | | | | FG47 102 1 | | |
| | 栄養指導(集団) | R47 103 1 | | | | | | | | | | | | | | FS47 103 1 | | | | |
| | | R47 203 1 | | | | | | | | | | | | | | FS47 203 1 | | | | |
| | ポピュレーション対策としての生活習慣病予防 | | | | | | | | K47 104 2 | | P47 104 2 | | T47 104 2 | | | | | | | |
| | | | | | | | | | K47 204 1 | | P47 204 1 | | T47 204 1 | | | | | | | |
| | 食育計画の評価 | | | | | | | | | | | P47 105 1 | | | | | | | FG47 105 1 | |
| 食育の実践 | | | | | | | | | | | P47 106 1 | | | | | | | FG47 106 1 | | |
| | | | | | | | | | | | P47 206 1 | | | | | | | FG47 206 1 | | |
| 食育と地域貢献 | | | | | | | KS47 107 1 | | | | | | | T47 107 1 | | | | | | |
| | | | | | | | KS47 207 2 | | | | | | | T47 207 2 | | | | | | |
| チーム(多職種)による栄養管理 | チーム医療 | R411 101 2 | | | | | | | | | | | | T411 101 2 | | | | | | |
| | | R411 201 2 | | | | | | | | | | | | T411 201 2 | | | | | | |
| | クリティカルパス | R411 102 1 | | | | | | | | | P411 102 1 | | T411 102 1 | | | | | | | |
| | | R411 202 1 | | | | | | | | | P411 202 1 | | T411 202 1 | | | | | | | |
| | 多職種連携① | | | | G411 103 1 | | | | | | | | | | | | | | | |
| 多職種連携② | | | | | | | | | K411 104 2 | | | | | | | | | | | |
| 地域連携 | 医療連携 | R412 101 2 | | | | | | | | | P412 101 1 | | T412 101 2 | | FS412 101 1 | | | | | |
| | | R412 201 2 | | | | | | | | | P412 201 1 | | T412 201 2 | | FS412 201 1 | | | | | |
| | 地域連携① | | | | G412 102 1 | | | | | | P412 102 1 | | T412 102 1 | | | | | FG412 102 1 | | |
| | 地域連携② | | | | | | | | | | P412 103 1 | | T412 103 1 | | FS412 103 1 | | | | | |
| | 学校・家庭・地域が連携した食育の推進 | | | | G412 104 1 | | | | | | | | | | | | | | | |
| 関係機関・地域との連携 | | | | | | | | | | | P412 105 1 | | T412 105 1 | | FS412 105 1 | | | FG412 105 1 | | |
| | | | | | | | | | | | P412 205 1 | | T412 205 1 | | FS412 205 1 | | | FG412 205 1 | | |
| リスクマネジメント | 医療安全管理 | R50 101 2 | | | | | | | | | P50 101 1 | | | | FS50 101 1 | | | FG50 101 1 | | |
| | 感染症対策 | | | | | | KS50 102 1 | | K50 102 1 | | P50 102 1 | | T50 102 1 | | FS50 102 1 | | | FG50 102 1 | | |
| | 校内感染対策 | | | | G50 103 1 | | | | | | | | | | | | | | | |
| | 院内感染対策 | R50 104 1 | | | | | | | | | | | | | | | | | | |
| | R50 204 1 | | | | | | | | | | | | | | | | | | | |
| 非常時体制の緊急 | 非常時の食事提供 | R61 101 1 | | | G61 101 1 | | KS61 101 1 | | K61 101 1 | | P61 101 1 | | T61 101 1 | | FS61 101 1 | | | FG61 101 1 | | |
| | 健康危機管理 | | | | | | | | | | P61 102 3 | | T61 102 3 | | FS61 102 3 | | | FG61 102 3 | | |
| | | | | | | | | | | | P61 202 1 | | T61 202 1 | | | | | | | |
| 調査 | 研究方法・研究発表 | R71 101 1 | | | G71 101 1 | | KS71 101 1 | | K71 101 1 | | P71 101 1 | | T71 101 1 | | FS71 101 1 | | | FG71 101 1 | | |
| 動活 | 指導力の養成 | R72 101 1 | | | G72 101 1 | | KS72 101 1 | | | | P72 101 1 | | | | FS72 101 1 | | | FG72 101 1 | | |
| 関連法規 | 栄養関連法規 | | | | | | | | K80 101 2 | | | | | | | | | | | |
| | 福祉関連法規、制度の理解 | | | | | | | | | | P80 102 2 | | T80 102 2 | | | | | | | |
| | | | | | | | | | | | | | | | FS80 103 3 | | | FG80 104 3 | | |
| 栄養部門の運営 | 財務給食管理能力 | | | | | | KS90 101 1 | | K90 101 1 | | P90 101 1 | | | | | | | | | |
| | 人事・労務管理 | | | | | | KS90 102 1 | | K90 102 1 | | P90 102 1 | | | | | | | | | |
| 相互理解ネットワーク作り | 開業栄養士としての基礎知識 | | | | | | KS90 103 2 | | | | | | | T90 103 2 | | | | | | |
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| | 地域活動栄養士としての基本 | | | | | | | | | | | | | T90 104 3 | | | | | | |
| | | | | | | | | | | | | | T90 204 1 | | | | | | | |
| その他 | 全分野共通 | R90 110 2 | | | G90 110 2 | | KS90 110 2 | | K90 110 2 | | P90 110 2 | | T90 110 2 | | FS90 110 2 | | | FG90 110 2 | | |
| | | 210 2 | | | 210 2 | | 210 2 | | 210 2 | | 210 2 | | 210 2 | | 210 2 | | | 210 2 | | |
| | その他 | R90 111 2 | | | | | | | | | | | | | | | | | | |
| | | 211 2 | | | | | | | | | | | | | | | | | | |
| | | | | | G90 112 2 | | | | | | | | | | | | | | | |
| | | | | | 212 2 | | | | | | | | | | | | | | | |
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| 単位合計 | | | | 35 21 | | 41 4 | | 67 7 | | 45 4 | | 103 23 | | 107 36 | | 46 11 | | 52 12 | | |