**Welcome**

Model Tec21

Competencies that make you unique

Area of Health

Degrees

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<th>B.A. in Biosciences*</th>
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<tr>
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<td>Medical and Surgical Dentist*</td>
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Where are these degrees offered?

**Contents**
MODEL TEC21

TEC CHALLENGES YOU

Our challenge-based educational model develops the competencies that will enable you to face up to the opportunities and challenges of the 21st century creatively and strategically.

With an education that will accompany you throughout your life, our aim is for you to be aware of the needs of the environment, acquire a systemic vision of problems and develop the capacity to solve them.

Right from the first semester, you will be participating in activities to develop your capacity to identify opportunities, find resources, take risks and recover from failure.

In addition, the model empowers you to make more decisions about your university studies as you progress, in order to develop a unique profile.
A challenge is an opportunity to learn something new and reinforce what you already know. **To solve it, you need to apply yourself, investigate and interact in the “real world”**. You won’t be on your own: you will have a set of personal and technological resources and tools, as well as the advice of faculty who will accompany you throughout the process. Its resolution implies a certain degree of difficulty and a duration that will awaken your interest and enthusiasm and produce a sense of achievement.
COMPETENCIES THAT MAKE YOU UNIQUE

At Tecnológico de Monterrey, we have defined, after consulting leaders from diverse sectors and employers, seven competencies that all our students should possess. Regardless of which degree you are studying, the educational model anticipates that you will develop them through diverse challenges, courses and activities related to your university experience. They are:

1. Self-knowledge and management
2. Innovative entrepreneurship
3. Social intelligence
4. Commitment to ethics and citizenship
5. Reasoning for complexity
6. Communication
7. Digital transformation

These seven competencies, together with the knowledge, skills, attitudes and values related to the area of Health and your degree, will be your letter of introduction and your passport in the professional world.

STEP-BY-STEP RECORD OF YOUR LEARNING

While you are at university, you will keep a record in your competency file of the degree of progress you have made and the supporting evidence. Taking responsibility for creating this file will, from this very moment, be extremely useful when you join the workforce.
YOU USED TO CHOOSE A DEGREE, NOW YOU CHOOSE A PATH

Your curriculum will be a non-linear educational, dynamic and flexible experience. You will enjoy more time and more elements to know and mature your degree choice, as well as to discover and capitalize all the opportunities you have to personalize your degree program.

The model is comprised of three stages and, from the first semester, you will experience educational units (courses and blocks) that have clearly defined, individual and collaborative project- and task-oriented competency development objectives (knowledge, skills, attitudes and values). In the “blocks”, you will be tackling challenges connected to reality, working collaboratively with the support of a group of faculty who will guide your learning and, at the end, evaluate your competencies together with you and your peers.

These challenges, apart from being attractive, are comprehensive experiences, since they will drive you and your peers to observe reality, map situations, diagnose problems, reflect, dialogue and confront ideas on theories and techniques to solve these problems, while experiencing, designing and producing prototypes and solutions, within a reflective, applicative dynamic in which you can take risks and make mistakes and adjustments to achieve the objective.

1. Acquire the basic knowledge of your area, through courses and challenges related to degrees from the area of Health.

2. Develop the competencies relevant to your degree through more focused courses and challenges.

3. Give a personal touch to your degree program, choosing between the offering of professional clinical elective experiences or concentrations for the B.A. in Bioscience.
REINVENTING WELLNESS

This area has evolved at lightning speed over the past few years, increasing, for example, the use of robotics in surgery, introducing preventive medicine and incorporating more bionic technology in our bodies.

Moreover, trends go beyond the crucial task of alleviating and improving people’s quality of life, with one of the priorities being what is known as delayed aging: tools and services that seek to help us feel better for longer and delay the aging process.

All of these transformations imply challenges, opportunities and, of course, new professional profiles. On entering this area, students will have a holistic vision of human beings and seek to have a positive impact on their wellbeing.

The area of Health groups together the following degrees:

- **LBC**  B.A. in Biosciences
- **LNB**  B.A. in Nutrition and Wellness
- **LPS**  B.S. in Clinical Psychology and Health
- **MC**  Physician & Surgeon
- **MO**  Medical and Surgical Dentist
The Educational Model of the School of Medicine and Health Sciences is based on Patient-Centered Learning, which seeks to understand the patient as a person, considering their individuality, structure of meanings and context from human, biomedical and management perspectives in order to attend systematically to their health needs and generate entrepreneurship in innovative changes that favor their reality and that of people in equivalent circumstances.

Graduates from the area of Health will have the following competencies:

**Health-related research**
Apply up-to-date knowledge and scientific method to generate innovative proposals for prevalent health problems, with critical thinking and a multidisciplinary perspective.

**Comprehensive patient-centered approach**
Address people and groups comprehensively in the early detection of disease, risk factors or emergency situations, generating actions for change that will favor healthy lifestyles.

**Professionalism**
Act with professionalism in interactions with patients, families and multidisciplinary teams, in local and global community and welfare settings.

**Healthcare management**
Manage the processes and resources required in the different phases of clinical attention, assuring quality in every dimension for the groups of interest and healthcare personnel.
For great needs, biosciences

In the area of medicine, research, advancements and innovation never stop. As a B.A. in Biosciences, you will receive the necessary tools to create innovative healthcare solutions, using cutting-edge technology to contribute to the development of treatments, medication and biomedical devices.

A B.A. in Biosciences will graduate from Tec de Monterrey with the following competencies:

- Develop biomedical and translational research projects related to solving health issues, adhering to national and international regulations in effect.
- Propose experimental and non-experimental strategies to study health problems, considering the appropriate methodology and statistical analysis.
- Implement biochemical, cell and molecular methods to study and diagnose infectious and non-infectious diseases, considering the latest advancements in science and technology.
- Manage the processes and resources required to conduct biomedical research, in keeping with current legislation.
WHICH SPECIALIZATIONS ARE AVAILABLE TO YOU?

The educational model enables you to personalize your graduate profile. During the specialization stage, consider a focus based on your post-graduation plans. Tec offers you the means to achieve this through diverse concentrations.

For further information, go to: 

**tec.mx/lbc**

CAREER FIELD

On graduating, we recommend that you pursue graduate studies related to:

- Biomedical sciences
- Public health
- Translational medicine

IS THIS RIGHT FOR YOU?

If you are passionate about research and science and want to contribute to the wellbeing of humanity, you’re in the right place.
What you need to know about each stage of your curriculum:

**Exploration**
1. You will open your competency file and add to it throughout your degree program.
2. You will learn the foundations of the area of Health.
3. You will participate in fundamental and exploration challenges from the area of Health, interacting with peers from different degree programs.
4. You will study general education courses, selecting them from a collection.
5. You will participate in a challenge that integrates all the competencies to be developed in this phase.

**Focus**
1. You will acquire the core competencies of your degree, in other words, those that distinguish it.
2. You will participate in more focused challenges to reinforce what you have learned and broaden your basic knowledge.
3. You will have the elements to decide whether to deepen your knowledge or diversify and, subsequently, build your specialization plan.
4. The Tec Weeks, challenges and overall university experiences will enrich your file.

**Specialization**
1. You have decided whether to diversify or delve further into your degree, by choosing a concentration, a modality, an internship stay, to mention just a few of your options. The Tec Semester is a flexible-time space to get started.
2. You will develop the competencies related to your specialization, increasingly connected to your passions, interests and plans.
3. If you decided to opt for a concentration, on graduating you will obtain a professional concentration certificate issued by the Office of the Registrar at your campus.
SEMESTER 1

- Elective Course: Mathematics and Science
- Musculoskeletal System
- Oxygen Supply and Consumption
- Metabolism and Energy
- Basics of Good Health

SEMESTER 2

- Elective Course: Humanities and Fine Arts
- Embryology
- Human Reproduction
- Life Cycle: Fertilization and Pregnancy
- Life Cycle: Childhood and Adolescence

SEMESTER 3

- Elective Course: Social and Behavioral Sciences
- Human Microbiota
- Public Health and Biostatistics
- Healthy Environments for the Elderly

SEMESTER 4

- Elective Course: Leadership, Entrepreneurship and Innovation
- Normal and Pathological Microstructure
- Pathogenic Microbiota
- Medical Genetics
- Basic Histopathology

SEMESTER 5

- Elective Course: Ethics and Citizenship
- Endocrine and Neural Ecosystem
- Bioactive Molecules and Therapeutic Principles
- Pharmacotherapy
- Physical Examination

SEMESTER 6

- Elective Course: Ethics and Citizenship
- Pathophysiology of the Endocrine System
- Pathology of Bioclinical and Reproduction Systems
- Endocrine and Metabolic Disorders

SEMESTER 7

- TEC Semester (Professional Elective I-VI)

SEMESTER 8

- Transnational Research Project
- Project Management in Innovative Research
- Biosciences Entrepreneurship

- General education course
- Area exploration courses
- Introductory block (CHALLENGE)
- Area exploration block (CHALLENGE)
- Exploration topic (CHALLENGE)
- Track integrating block (CHALLENGE)
- Disciplinary course
- Disciplinary block (CHALLENGE)
- Integrating disciplinary block (CHALLENGE)
- Final integrating block (CHALLENGE)
- TEC Semester
Wellness starts from the inside

Having experts in the properties of foods and their effect on the human body has become a priority for people to achieve integral wellbeing. As a B.A. in Nutrition and Wellness, you will acquire the necessary tools to participate in the prevention, diagnosis and treatment of diet-related issues.

A B.A. in Nutrition and Wellness will graduate from Tec de Monterrey with the following competencies:

- Implement comprehensive wellbeing strategies that transform the lifestyles of individuals or communities.
- Address the nutritional care of healthy and sick individuals, resolving their nutritional and physical activity needs through nutritional medical therapy.
- Develop food products and services that will benefit the health of the population.
- Develop public nutrition projects that will contribute to solving public health problems.
CLINICAL SETTINGS AND INTERNALIZATION

In the specialization stage, you will be able to participate in state-of-the-art environments in Mexico and abroad, such as:

• Hospitals
• Integrated Care Clinics
• Research centers
• Vulnerable communities

For further information, go to: tec.mx/lnb

CAREER FIELD

You will be able to participate professionally in the following settings:

• Private office
• Clinics, hospitals and healthcare institutions
• Consulting in the pharmaceutical and food industries
• Government companies and/or institutions focused on food services and/or prevention programs

IS THIS RIGHT FOR YOU?

If you value healthy habits, know the importance of a good diet and also have a vocation for service, then you are in the right place.
What you need to know about each stage of your curriculum:

**Exploration**
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2. You will learn the foundations of the area of Health.
3. You will participate in fundamental and exploration challenges from the area of Health, interacting with peers from different degree programs.
4. You will study general education courses, selecting them from a collection.
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### Model Tec21 Competencies

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#### TRIMESTER 1

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#### Track Integrating Block (CHALLENGE)

- General education course
- Area exploration block (CHALLENGE)
- Disciplinary course
- Introductory block (CHALLENGE)
- Area exploration courses
- Exploration topic (CHALLENGE)
- Disciplinary block (CHALLENGE)
- Track integrating block (CHALLENGE)
The mind opens doors and guides your emotions

Over the years, numerous factors have affected people’s mental health and emotions. Psychologists are individuals with an admirable level of empathy who, by putting themselves in other people’s shoes, dedicate their lives to listening and supporting their needs, seeking to improve their mental, physical and social health.

A B.S. Clinical in Psychology and Health will graduate from Tec de Monterrey with the following competencies:

- Develop mental health prevention and promotion strategies for individuals and groups.
- Diagnose the mental health of individuals or groups, in collaboration with other health professionals.
- Lead psychological attention for individuals or groups, selecting the appropriate approach for each particular patient.
CLINICAL SETTINGS AND INTERNALIZATION

In the specialization stage, you will be able to participate in state-of-the-art environments in Mexico and abroad, such as:

- Hospitals
- Integrated Care Clinics
- Research centers
- Vulnerable communities

For further information, go to: tec.mx/lps

CAREER FIELD

You will be able to participate professionally in the following settings:

- Private office
- General and specialty clinics and hospitals
- Research teams
- Government health and social security organizations

IS THIS RIGHT FOR YOU?

If you enjoy listening to, helping and guiding people, and are also analytical, empathic and flexible, then you are in the right place.
What you need to know about each stage of your curriculum:

**Exploration**

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2. You will learn the foundations of the area of Health.
3. You will participate in fundamental and exploration challenges from the area of Health, interacting with peers from different degree programs.
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**Specialization**

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2. You will develop the competencies related to your specialization, increasingly connected to your passions, interests and plans.
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### Course Offerings

#### SEMESTER 1
- **Elective Course Mathematics and Science**
- **Musculoskeletal System**
- **Digestive System**
- **Basics of Good Health**

#### SEMESTER 2
- **Elective Course Mathematics and Science**
- **Human Genetics**
- **Endocrine System**
- **Cellular and Molecular Mechanisms**

#### SEMESTER 3
- **Elective Course Mathematics and Fine Arts**
- **Embryology**
- **Human Reproduction**
- **Life Cycle: Fertilization and Pregnancy**

#### SEMESTER 4
- **Elective Course Leadership, Entrepreneurship and Innovation**
- **General Psychology**
- **Psychosocial Interventions**
- **Psychological Assessment**

#### SEMESTER 5
- **Psychosocial Assessment**
- **Clinical Assessment in Psychology**
- **Diagnosis and Psychological Interventions**
- **Design of Psychological Assessment Instruments**

#### SEMESTER 6
- **Clinical Psychology in Primary Care**
- **Psychopharmacology**
- **Psychosocial Models**
- **Multidisciplinary Models of Health Care**

### Course Tracks
- **General education course**
- **Area exploration block (CHALLENGE)**
- **Introductory block (CHALLENGE)**
- **Disciplinary course**
- **Disciplinary block (CHALLENGE)**
- **Integrating disciplinary block (CHALLENGE)**
**Promise of life**

Medicine has played a fundamental role in the history of humanity and technological advancements ensure that it will continue to do so. If you are interested in becoming a Physician & Surgeon, you undoubtedly have an extremely humanitarian outlook, are sensitive to other people’s needs, and are constantly looking for ways to contribute to the health and comprehensive wellbeing of the people around you.

**Physicians & Surgeons will graduate from Tec de Monterrey with the following competencies:**

- Promote the health and well-being of human beings and their surroundings, emphasizing timely disease prevention.
- Apply the best scientific evidence available in patient care and management.
- Address human health problems, integrating the relevant information to establish the diagnosis, treatment and rehabilitation plan.

The Physician and Surgeon program has special entry requirements and therefore the selection to this program is by invitation.
CLINICAL SETTINGS AND INTERNALIZATION

In the specialization stage, you will be able to participate in state-of-the-art environments in Mexico and abroad, such as:

- Hospitals
- Integrated Care Clinics
- Research centers
- Vulnerable communities

For further information, go to:

[tec.mx/mc]

CAREER FIELD

You will be able to participate professionally in diverse levels of clinical attention or pursue graduate studies in the areas of your choice.

IS THIS RIGHT FOR YOU?

If you have a profound interest in science and health and have a vocation for service, then you are in the right place.
What you need to know about each stage of your curriculum:

**Exploration**

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- Area exploration block (CHALLENGE)
- Disciplinary course
- Area exploration courses
- Exploration topic (CHALLENGE)
- Disciplinary block (CHALLENGE)
- Introductory block (CHALLENGE)
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<tr>
<td>Traumatology, Orthopedics and Rehabilitation Clinic</td>
<td>Emergency and Radiology</td>
<td>Quality Healthcare and Patient Safety</td>
<td>Geriatrics and Palliative Care</td>
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- General education course
- Area exploration courses
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- Area exploration block (CHALLENGE)
- Exploration topic (CHALLENGE)
- Track integrating block (CHALLENGE)
- Disciplinary course
- Disciplinary block (CHALLENGE)
- Integrating disciplinary block (CHALLENGE)
Make me smile

In a world in which oral health has achieved significant results in obtaining a great smile, there are people who take oral health very seriously and work hard to acquire the skills needed to diagnose, prevent and treat oral and dental diseases.

Medical and Surgical Dentists will graduate from Tec de Monterrey with the following competencies:

- Promote oral health in individuals and the community, through innovative strategies for the prevention of oral problems.
- Apply evidence-based medical knowledge of oral health and dentistry to comprehensive dental-patient care, diagnosis and management.
- Perform dental treatments and oral rehabilitation for healthy patients with special needs, through a patient-centered care model.
CLINICAL SETTINGS AND INTERNALIZATION

In the specialization stage, you will be able to participate in state-of-the-art environments in Mexico and abroad, such as:

- Hospitals
- Integrated Care Clinics
- Research centers
- Vulnerable communities

For further information, go to: tec.mx/mo

CAREER FIELD

You will be able to participate professionally in the following settings:

- Private office
- General and specialty clinics and hospitals
- Research teams
- Government health and social security organizations

IS THIS RIGHT FOR YOU?

If you are good with people, disciplined and have a high sense of ethics then you are on the right path with this degree.
What you need to know about each stage of your curriculum:

**Exploration**
1. You will open your competency file and add to it throughout your degree program.
2. You will learn the foundations of the area of Health.
3. You will participate in fundamental and exploration challenges from the area of Health, interacting with peers from different degree programs.
4. You will study general education courses, selecting them from a collection.
5. You will participate in a challenge that integrates all the competencies to be developed in this phase.

**Focus**
1. You will acquire the core competencies of your degree, in other words, those that distinguish it.
2. You will participate in more focused challenges to reinforce what you have learned and broaden your basic knowledge.
3. You will have the elements to decide whether to deepen your knowledge or diversify and, subsequently, build your specialization plan.
4. The Tec Weeks, challenges and overall university experiences will enrich your file.

**Specialization**
1. You have decided whether to diversify or delve further into your degree, by choosing a concentration, a modality, an internship stay, to mention just a few of your options. The Tec Semester is a flexible-time space to get started.
2. You will develop the competencies related to your specialization, increasingly connected to your passions, interests and plans.
3. If you decided to opt for a concentration, on graduating you will obtain a professional concentration certificate issued by the Office of the Registrar at your campus.
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<th>Semester</th>
<th>Course Title</th>
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<td>SEMESTER 1</td>
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<td>Surgical Basics in Dentistry</td>
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<td>Evidence-based Dentistry</td>
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With the Health entry, you have the option of moving throughout your undergraduate studies to the campus that offers the specialization you would like to pursue.

<table>
<thead>
<tr>
<th>Entry Campuses for the area of HEALTH</th>
<th>Campuses where you can enter and graduate from the corresponding degrees</th>
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WHERE ARE THESE DEGREES...
UNLEASH YOUR POTENTIAL TO TRANSFORM

At Tecnológico de Monterrey we’re looking for students willing to be better for the benefit of others, people with the humility and courage to challenge paradigms, with the ambition to improve, who embrace the most advanced technical knowledge, and with an ethical and humanistic profile, who dare to go forward, more willing to be than to have.

For further information on the degrees from the area of Health, go to:

otec.mx/profesional

*DEC-520912. On-site programs.