



Specialty in

OBESITY AND COMORBIDITIES

The program is part of **CONACYT's National Program of Qualified Graduate Studies** (Programa Nacional de Posgrados de Calidad, PNPC) with the level of **Consolidated Program**.

CONTEXT AND RELEVANCE

The object of study of the Science of Nutrition includes all aspects of human food intake and the use of food by the body. Genetic, physiological, anthropological, social, and economic factors converge in this science, and specialists capable of proposing strategies to address each of them are needed.

The Health Department of the Universidad Iberoamericana, Ciudad de México offers the Specialty in Obesity and Comorbidities, and uses a scientific approach to build specialized skills in health professionals: nutritionists, physicians, nurses and psychologists.

No other public or private institution in Mexico City offers a specialization program with these characteristics.

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LINKAGE

The Health Department has links with several national and international institutions, pursuing three main objectives:

- Structured, supervised practical training.
- Academic exchange for students and professors.
- Research projects.

Primarily practical training institutions

- Instituto Nacional de Ciencias Médicas y Nutrición “Salvador Zubirán”*
- Instituto Nacional de Perinatología “Isidro Espinosa de los Reyes”*
- Instituto Nacional de Enfermedades Respiratorias “Ismael Cossio Villegas”*
- Instituto Nacional de Pediatría*
- Hospital Infantil de México “Federico Gómez”*
- Hospital General de México “Dr. Eduardo Liceaga”*
- Centro Médico ABC. Hospital Inglés. Clínica de Obesidad*
- Hospitales de la Secretaría de Salud del Distrito Federal*
- Museo Interactivo Infantil, A.C. (Papalote Museo del Niño)*
- Casa Meneses Centro Comunitario de la Universidad Iberoamericana*
- Centro de Diagnóstico Ángeles*
- Centro de Prevención y Tratamiento Anorexia, Bulimia y Obesidad Barcelona, España*
- Baylor College of Medicine*
- Hospital for Sick Children, Toronto, Canada*

Primarily academic exchange and research institutions

- Instituto Nacional de Medicina Genómica*
- Instituto Nacional de Salud Pública*
- Instituto Nacional de Geriátría*
- Fundación Mexicana para la Salud A.C.*
- Centro de Investigación en Alimentación y Desarrollo A.C (CIAD)*

- Fundación SERTULL*
- Instituto Nacional de las Personas Adultas Mayores (INAPAM)*
- Sistema para el Desarrollo Integral de la Familia del Estado de México “DIFEM”*
- Cruz Roja Mexicana*
- Saint Louis University, USA*
- Universidad de Granada, España*
- Universidad Alcalá de Henares, España*

OBJECTIVES

General

To train specialist with knowledge, skills and attitudes to:

- Prevent obesity and/or its comorbidities in individuals at risk.
- Provide treatment, control, and rehabilitation to individuals with diagnosis of obesity and comorbidities, belonging to different age groups and socio-economic and cultural conditions.

Specific

To enable specialists with nutritional, dietary, physical activity, and behavior change approaches to:

- Diagnose individual problems associated with obesity and/or its comorbidities.
- Treat individuals with diagnosis of obesity and/or its comorbidities.
- Propose strategies to prevent obesity and/or comorbidities in different contexts with a humanistic, scientific and integrating approach.

APPLICANTS PROFILE

Knowledge

- Bachelor’s degree in Health Science or related fields, such as nutrition, medicine, nursing, psychology
- Knowledge about the dietary and nutritional problems of the country
- Knowledge of the general medical management guidelines of obesity-associated diseases
- Clinical experience

Skills

- Clear oral and written communication in Spanish
- English reading and understanding skills
- Management and analysis of statistical data and dietary and nutritional information
- Involvement in interdisciplinary team work

Attitudes and Values

- Interest in helping others improve their quality of life
- Critical, proactive and service attitudes
- Personal and professional ethics

GRADUATES PROFILE

Graduates from the Specialty in Obesity and Comorbidities have:

Solid knowledge of:

- Physiopathological processes at cellular and systemic levels to diagnose and manage individuals living with obesity and/or its comorbidities
- Nutritional and dietary strategies to prevent and treat obesity and/or comorbidities at an individual level, with a broad practical component
- Personalized strategies to promote healthy behaviors in the context of a multidisciplinary group with a broad practical component
- Physical activity plans to promote prevention and treatment of persons with obesity and/or comorbidities or individuals at risk

Skills to:

- Identify individuals at risk of obesity or its comorbidities.
- Evaluate the nutritional condition of at-risk individuals or persons with diagnosis of obesity or comorbidities
- Design health promoting nutritional, dietary, physical activity and behavior change strategies to manage at-risk individuals or persons with diagnosis of obesity or its comorbidities
- Integrate professional interdisciplinary health teams to

treat obesity and/or comorbidities

- Communicate appropriately and efficiently with the patient and his/her family, and with the health team

Attitudes:

- Willingness to address creatively, ethically and with quality the solution to obesity and associated diseases in Mexico’s social context

FIELD OF WORK

Graduates from this program work at:

- Public and private institutions (hospitals, clinics, health centers, etc.) targeting prevention and attention of diseases in individuals with obesity or its comorbidities
- Health sector, social assistance and social development institutions to design individual programs aimed at the prevention and treatment of obesity and comorbidities
- Universities and higher education institutions, teaching at bachelor’s and graduate levels; as private advisors and consultants; delivering courses and workshop to up-date professional technicians, nurses, etc.; management of programs to prevent and treat obesity and comorbidities at companies and schools.

FACULTY MEMBERS

José Francisco Alvarado García

*Ph.D. in Education and M.A. in Educational Research and Development, Universidad Iberoamericana.
B.A. in Psychology, Universidad Nacional Autónoma de México.*

Lines of Research:

Subjects and Educational Processes Technology, Communication and Education.

Areas of interest:

Curriculum Development and Educational Assessment.

Recent Publications:

Loredo, J., García, B. and Alvarado, F. (2010) "Identificación de necesidades de formación docente en el uso pedagógico de Enciclopedia". In Sinéctica. Electronic Education Journal ITESO. No. 34, pp. 1-16; Loredo, J., F. Alvarado, Frutos, V. and Mancera, E. (2006) Prácticas emergentes de la inserción de las computadoras en telesecundarias. México: CONAFE.

Contact: francisco.alvarado@ibero.mx

Teresita González de Cosío Martínez

*Member of the National Research System (SNI) Level 2
National Health Institutes' Researcher, Level F.
Ph.D. and Master's in International Nutrition, Cornell University.
B.A. in Nutrition and Food Science, Universidad Iberoamericana.*

Lines of Research:

Breast-feeding, obesity and population's health.

Relevant Publications:

González-Cosío, T., Rivera Dommarco, J. López Acevedo, G. Rubio Soto, GM., (eds). Nutrición y Pobreza. Política Pública basada en evidencia. México: Banco Mundial/Secretaría de Desarrollo Social, 2008; Colchero A., Contreras-Loya, D., López-Gatell, H., González Cosío, T. "The costs of inadequate breastfeeding of infants in Mexico". *AJCN*. 2015; 101:579-86; Rivera, M., Escobar, L., González Cosío, T. "Breastfeeding and Maternal Employment Results from Three National Nutritional Surveys in Mexico." *Maternal and Child Health Journal* 18(9):2014; Hernández-Cordero, S., Barquera, S., Rodríguez-Ramírez, S., Villanueva Borbolla, M.A., González de Cosío, T., Rivera Dommarco, J., and Popkin, B. "Substituting Water for Sugar-Sweetened Beverages Reduced Circulating Triglycerides and the Prevalence of Metabolic Syndrome in Obese but not in Overweight Mexican Women in a Randomized Controlled Trial." *J Nutr* 144:1742-1752 2014.; González de Cosío, T., Escobar Zaragoza, L., González Castell, L.D., Shamah, T., Rivera, J. "La Lactancia materna exclusiva en menores de seis meses se asocia con un mejor peso para la longitud en hogares con inseguridad alimentaria en México". *Salud Pública de Méx* 2014. 56 suppl 1:S31-S38.

Contact: teresita.glezdecosio@ibero.mx

Loredana Tavano Colaizzi

*M.A. in Public Sciences and Bachelor's in Nutrition and Food Science, Universidad Iberoamericana.
Specialty in Research in Clinical Nutrition, Instituto Nacional de Perinatología*

Areas of work:

Obesity and Comorbidities, Nutrition and Health of Elderly Persons.

Relevant Publications:

Escalante, E., Tavano, L. "Redes de apoyo social para el adulto mayor". In Pérez Lizaur AB, 10 hábitos efectivos para la salud del Adulto Mayor. México: Instituto Nacional de Ciencias Médicas y Nutrición "Salvador Zubirán"/Universidad Iberoamericana, Ciudad de México/INGER/INAPAM, 2011; Cruz, I., Suverza, A., Tavano, L., Alemán-Mateo H., Tavano, L., Pérez Lizaur, A.B. "Nutritional Status and its Association with Body Composition Compartments in Physically Independent, Elderly Mexican Subjects". *Journal of Aging Research & Clinical Practice*, 2012; Tavano, L., Arroyo, P., Loria, A., Pérez Lizaur, A.B., and Pérez Zepeda, U. "Clinimetric Testing in Mexican Elders: Associations with Age, Gender and Place of Residence". *Frontiers in Medicine*, 2014.

Contact: loredana.tavano@ibero.mx

Alicia Parra Carriedo

*Ph.D. in Science of Human Development, Colegio Internacional de Educación Superior
M.A. in History of Thought, Universidad Panamericana
B.A. in Nutrition and Food Science, Universidad Iberoamericana*

Area of work:

Clinical Nutrition and Psychosocial Aspects

Relevant Publications:

Parra, A., Pérez-Lizaur, A., Masliah, C., and Velasco, T. "Nutritional Status, Risky Eating Behaviors and Body Dissatisfaction in a Population of Mexican Artisans". *The Faseb Journal*. 2012:819.12; "Factores determinantes de la obesidad: un enfoque interdisciplinario". In Pobreza y desigualdad: Un enfoque multidisciplinario. México: Universidad Iberoamericana, 2014; Parra-Carriedo, A., Cherem-Cherem, L., Galindo de Noriega, D., Díaz-Gutiérrez, M.C., Pérez-Lizaur, A.B., Hernández-Guerrero, C. "Comparación del gasto energético en reposo determinado mediante calorimetría indirecta y estimado mediante fórmulas predictivas en mujeres con grados de obesidad I a III". *Nutr Hosp*. 2013; 28(2):357-364. Hernandez-Guerrero, C., Parra-Carriedo, A., Isoard, F., Perez-Lizaur, A.B., Galindo De Noriega, D., and Cherem-Cherem, L. "Association Between Single Nucleotide Polymorphism Ala-9-Val of Manganese-Superoxide Dismutase and Normal Weight, Overweight and Obesity in Mexican Population". *The Faseb Journal*. 2012:824.7.

Contact: alicia.parra@ibero.mx

Ericka Escalante Izeta

*Ph.D. in Pedagogy, Universidad de Granada
M.A. in Health Sciences, Instituto Nacional de Salud Pública
B.A. in Psychology, Universidad Nacional Autónoma de México*

Area of work:

Psychology of Eating and Obesity Prevention.

Relevant Publications:

Escalante-Izeta, E. I., Radosh Sverdlin, A., and Mena Rangel, M.C. "Diseño de la identidad de un programa comunitario para la prevención de la obesidad". *Revista Iberoamericana de Comunicación*. 2013; 24(1):123-14; Salazar Coronel, A., Shamah Levy, T., Escalante Izeta, E., and Jiménez Aguilar A. "Validación de material educativo: Estrategia sobre alimentación y actividad física en escuelas primarias mexicanas". *Revista Española de Comunicación en Salud*. 2012; 3 (2): 96-109; Escalante-Izeta, E. and Pérez Lizaur, A.B. "Educación a lo largo de la vida: Aprender a cualquier edad". In 10 hábitos efectivos para la salud del adulto mayor Tomo IV. México: Universidad Iberoamericana, 2012; Escalante-Izeta, E. and Tavano, L. "Redes de apoyo social para el adulto mayor". In 10 hábitos efectivos para la salud del adulto mayor. México: Universidad Iberoamericana, 2011.

Contact: ericka.escalante@ibero.mx

Isabel Cruz Rodríguez

Ph.D. in Education, M.A. in Research and Development of Education, B.A. in Nutrition and Food Science, Universidad Iberoamericana

Areas of work:

Food Services and Evaluation of Educational Programs.

Relevant Publications:

Ávila-Rosas, H. Tudela, V., Cruz, I., Feinholz, D., Lartigue, MT., Caraveo, V. "La escolaridad de los progenitores en relación con el acceso a la educación superior de sus hijas e hijos". In Género y Educación. Colección Estudios de Género en la Frontera Sur. Tuñón, P.E (ed.). México: ECOSUR/COESPO, 2005; Cruz, R. I. et al. "Sistematización del proceso de salud". In: Crispín, M.L. y Ruiz, M.M (eds) Huellas de un caminar. Misión Jesuita de Bachajón. México: Universidad Iberoamericana, 2010 pp. 163-186.

Contact: isabel.cruz@ibero.mx

César Hernández Guerrero

Member of the National Research System, Level 1.

Ph.D. in Chemistry and Biology Sciences, M.A. in Clinical Biology, B.A. in Chemistry-Bacteriology-Parasitology. Instituto Politécnico Nacional.

Areas of work: Basic Research on Genetic and Biochemical Pro-oxidant and Anti-oxidant Characteristics in Individuals with Obesity and its Main Comorbidities.

Relevant Publications: Mier-Cabrera, J., Jiménez-Zamudio, L., García-Latorre, E., Cruz-Orozco, O., Hernández-Guerrero, C. “Quantitative and Qualitative Peritoneal Immune Profiles, T-cell Apoptosis and Oxidative Stress-Associated Characteristics in Women with Minimal and Mild Endometriosis”. *British Journal of Obstetrics and Gynaecology*. 2011; 118(1):6-16; Mier-Cabrera, J., Aburto-Soto, T., Burrola, S., Jiménez, L., Tolentino, M., Casanueva, E., Hernández, C. “Women with Endometriosis Improved their Peripheral Antioxidant Markers after the Application of a High Antioxidant Diet”. *Reproductive Biology and Endocrinology*. 2009, 7:54.

Contact: cesar.hernandez@ibero.mx

Ana Bertha Pérez Lizaur

M.A. in Health Sciences, Universidad Autónoma del Estado de México.

B.A. in Nutrition and Food Science, Universidad Iberoamericana.

Area of work:

Research in Nutritional Education. Public Schools Projects.

Relevant Publications:

Loria, A., Arroyo, P., Pardío, J., Tavano, L., Pérez-Lizaur, A.B. “Values of a Body Mass Index Surrogate in Older Adults Using Knee Height Instead of Height”. *J Am Geriatr Soc*. 2015; Nov:63(11):2413-4; Tavano-Colaizzi, L., Arroyo, P., Loria, A., Pérez-Lizaur, A.B., Pérez-Zepeda, U. “Clinimetric Testing in Mexican Elders: Associations with Age, Gender and Place of Residence”. *Frontiers in Medicine*, 2014; “El uso de las vitaminas en el adulto mayor”. In 10 Hábitos efectivos para la salud del adulto mayor. México: Instituto Nacional de Ciencias Médicas y Nutrición “Salvador Zubirán”/Universidad Iberoamericana, Ciudad de México/InGer/INAPAM, 2011; Balcázar, H., Fernández-Gaxiola, A.C., Pérez-Lizaur, A.B., Peyron, R.A., Ayala, C. “Improving Heart Healthy Lifestyles Among Participants in a Salud Para Su Corazón Promotores Model: The Mexican Pilot Study, 2009–2012”. *Prev Chronic Dis* 2015;12:140292.

Contact: anabertha.perez@ibero.mx

Mireya Vilar Compte

Member of the National Research System, Level 1

Ph.D. and M.A. in Public Administration, M.A. in Development and Public Policies, New York University.

B.A. in Political Sciences, ITAM.

Areas of work:

Health Policies and Economics, Program Evaluation, Quantitative Methods.

Relevant Publications:

Vilar-Compte, M., Martínez-Martínez, O., Orta-Alemán, D., & Perez-Escamilla, R. (2016). “Functional Limitations, Depression, and Cash Assistance are Associated with Food Insecurity among Older Urban Adults in Mexico City”. *Journal of Health Care for the Poor and Underserved*, 27(3), 1537-1554; Vilar-Compte, Mireya, et al. “The Impact of the 2008 Financial Crisis on Food Security and Food Expenditures in Mexico: a Disproportionate Effect on the Vulnerable”. *Public Health Nutrition* 18.16 (2015): 2934-2942; Vilar-Compte, M., Bernal-Stuart, A., Orta-Alemán, D., Ochoa-Rivera, T., Pérez-Escamilla, R. (2014) “Is the Latin American and Caribbean Food Security Scale an Appropriate Instrument for Mexican Urban Older Adults?” *Journal of Frailty & Aging*, volume 3:3 (p. 173-179); Vilar-Compte, M., Bernal-Stuart, A., Sandoval, S, Pérez-Lizaur, AB. (2014) “The Effect of Mexican Household Food Security Status and Income Distribution on Food Access”. *Food Studies*, volume 3:2 (p. 31-40); Vilar-Compte, M., Bernal-Stuart, A., Sandoval, S, Pérez-Lizaur, AB. “México: Un complejo mosaico de problemas de nutrición poblacional” en Pobreza y Desigualdad: un enfoque multidisciplinario. México: Universidad Iberoamericana, 2014

Contact: mireya.vilar@ibero.mx

Mireya Vilar Compte

Member of the National Research System, Level 1

Ph.D. and M.A. in Public Administration, M.A. in Development and Public Policies, New York University.

B.A. in Political Sciences, ITAM.

Areas of work:

Health Policies and Economics, Program Evaluation, Quantitative Methods.

Relevant Publications:

Vilar-Compte, M., Martínez-Martínez, O., Orta-Alemán, D., & Perez-Escamilla, R. (2016). “Functional Limitations, Depression, and Cash Assistance are Associated with Food Insecurity among Older Urban Adults in Mexico City”. *Journal of Health Care for the Poor and Underserved*, 27(3), 1537-1554; Vilar-Compte, Mireya, et al. “The Impact of the 2008 Financial Crisis on Food Security and Food Expenditures in Mexico: a Disproportionate Effect on the Vulnerable”. *Public Health Nutrition* 18.16 (2015): 2934-2942; Vilar-Compte, M., Bernal-Stuart, A., Orta-Alemán, D., Ochoa-Rivera, T., Pérez-Escamilla, R. (2014) “Is the Latin American and Caribbean Food Security Scale an Appropriate Instrument for Mexican Urban Older Adults?” *Journal of Frailty & Aging*, volume 3:3 (p. 173-179); Vilar-Compte, M., Bernal-Stuart, A., Sandoval, S, Pérez-Lizaur, AB. (2014) “The Effect of Mexican Household Food Security Status and Income Distribution on Food Access”. *Food Studies*, volume 3:2 (p. 31-40); Vilar-Compte, M., Bernal-Stuart, A., Sandoval, S, Pérez-Lizaur, AB. “México: Un complejo mosaico de problemas de nutrición poblacional” en Pobreza y Desigualdad: un enfoque multidisciplinario. México: Universidad Iberoamericana, 2014

Contact: mireya.vilar@ibero.mx

Teresa Ochoa Rivera

Ph.D. in Social Anthropology, M.A. in Human Development, B.A. in Nutrition and Food Sciences. Universidad Iberoamericana.

Areas of work:

Anthropology of Feeding, Nutritional Education and Diet Orientation.

Relevant Publications:

Ochoa, T. “Alimentación y Diferenciación Social: el caso de una comunidad en México”. *Revista Internacional en Ciencias Sociales Interdisciplinarias*, México, 2013, 2(1): 9-19; Ochoa, T., Pérez, V. “San Jerónimo Amanalco. Hábitos alimentarios de una comunidad en transición.” In Magazine, R., Martínez, T. Texcoco en el Nuevo Milenio: Cambio y continuidad en una región periurbana del Valle de México. Méxio, UIA, 2010; Ochoa, T. *Los nutroides*. El club de los 5 niños que les gusta comer, pero a veces no saben cómo. CD educativo. México: Universidad Iberoamericana/Instituto Danone, 2007.

Contact: teresa.ochoa@ibero.mx

José Monroy Ruíz

Ph.D. in Cardiovascular Physiology. Universidad de Salamanca

M.Sc. in Food Science and Technology. Universidad Iberoamericana

B.Sc. in Biology, Universidad Autónoma Metropolitana

Areas of work: Cardiovascular Diseases, Mechanisms of Action of Nutrients in Cardiovascular Health, Functional Food.

Relevant Publications: Santos, P., Sevilla, Ma., Carrón, R., Monroy-Ruiz, J., Montero, M.J. “Licopeno previene la hipertensión y la hipertrofia cardiovascular producida por angiotensina II”. *Actualidades en Farmacología y Terapéutica*. 2013; 11:279-281; I Mar Contreras, M., Sevilla, Monroy-Ruiz, J., Amigo, L., Gómez-Sala, B., Molina, E., Ramos, M., Recio, I. “Food-Grade Production of an Antihypertensive Casein Hydrolysate and Resistance of Active Peptides to Drying and Storage”. *International Dairy Journal*. 2011, 21(1): 470-476; Monroy-Ruiz, J., Sevilla, MA., Carrón, R., Montero, MJ. “Astaxanthin-Enriched-Diet Reduces Blood Pressure and Improves Cardiovascular Parameters in Spontaneously Hypertensive Rats”. *Pharmacological Research*. 2011; 63(1): 44-50.

Contact: jose.monroy@ibero.mx

Araceli Suverza Fernández

M.A. in Education Research and Development. Universidad Iberoamericana
 Specialty in Clinical Nutrition. Hospital Regional 20 de Noviembre ISSSTE
 B.A. in Dietetics and Nutrition. Escuela de Dietética y Nutrición del ISSSTE
 Nutritionist Certified by the Colegio Mexicano de Nutriólogos.

Areas of work:

Evaluation of Nutritional Status: Anthropometrics and Body Composition, Dietetic, Clinical and Biochemical Aspects; Overweight and Obesity in the Adult Based on the Study of the Factors Associated with Diet and Nutrition; Clinical Nutrition in the Adult.

Relevant Publications:

Suverza, F.A., Haua, N.K. Obesidad consideraciones desde la nutriología. México: McGrawHill, 2012. Suverza, F.A. “Introducción a la antropometría. Conceptos básicos”. In Manual de Antropometría para la Evaluación del Estado Nutricio en el Adulto. México: Universidad Iberoamericana, 2009 Capítulo I, pp. 19-30.

Contact: araceli.suverza@ibero.mx

LINES OF RESEARCH

1) **Biological and Molecular Mechanisms Associated with Chronical Non-Communicable Disease Development.**

Objective:

To study the association between a group of genetic traits of the anti-oxidant defense and of the pro-inflammatory and anti-inflammatory response with the onset and development of chronic disease such as obesity, insulin resistance, diabetes, dyslipidemias, cardiovascular conditions, metabolic syndrome, etc., as well as to study the benefits of functional foods and the mechanisms of action involved in the physiopathologic processes of cardiovascular disease and other disease mentioned above.

2) **Encourage family-culture-and environment-centered nutrition.**

Objective:

To explain the mechanisms involved in the development of interventions to promote, educate and communicate nutritional topics, considering the influence of family, culture and environment.

3) **Epidemiologic Research in Gerontology**

Objective:

To develop research projects in epidemiology and gerontology to generate new knowledge on prevention, diagnosis and attention of prime health problems associated with human aging, contributing to the improvement of the quality of life of this age group.

4) **Multidisciplinary Approach to Maternal Breast-feeding Promotion, Protection and Supporting System.**

Objective:

To organize multidisciplinary teams and promote a stimulant and collaborative environment among the Maternal Breast-Feeding Team and participant groups to implement research projects generating pertinent, timely and excellence knowledge on maternal lactation.

SYLLABUS

First semester	19 credits
Physiopathology of Obesity and Comorbidities	6
Assessment of Nutritional Status	6
Eating and Nutritional Strategies Workshop I	3
Healthy Behavior Promotion Workshop I	4
Second semester	23 credits
Integral Management of Obesity	6
Physical Activity Workshop	6
Eating and Nutritional Strategies Workshop II	3
Healthy Behavior Promotion Workshop II	4
Practices applied to adults/children	4
Summer	4 credits
Practices applied to Adults/Children	4

***Practice Opportunities**

National or Abroad

***Graduate degree upon completing credits with a minimum average of 8 and having approved the General Knowledge Test**

ADMISSION PROCEDURES

- Interview with the program coordinator. Bring the following documents:
- Curriculum Vitae
- Letter of Purpose
- Certified copy of studies with grade average
- Copy of Bachelor’s Degree and Professional License or health related graduate degree
- Copy of valid INE, IFE or passport
- At the end of the interview, upon request of the coordinator, write an autobiography by hand (no longer than one page).
- Admission Committee meeting. The candidate will be notified if she/he may enroll for the National Graduate Admission Exam, EXANI III
- Earn 1000 points or more as global score
- Earn 1000 points or more in the English Test Section
- Continue admission formalities at the University’s Student Services Directorate.

Each postgraduate program has specific admission requirements. Please check with the program coordinator.

For more information, please contact:
loredana.tavano@ibero.mx



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