



# DIETETICS AND NUTRITION

Coordination: Maria Helena Vieira Soares Loureiro

Erasmus Coordinator: Tiago Filipe das Neves Soares Domingues Pina

<b>Degree</b>	<b>Length</b> 4 years	<b>Total European Credit Transfer System (ECTS)</b> 240 ECTS
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## Study Plan

### 1st Year

Disciplines/Subjects	Scientific unit	Type	Workload		Credit units
			Total/hours	Contact	
Anatomophysiology I	CBB	Semester 1	80	TP:30 P:15	5
Psychology I	CSH	Semester 1	80	T:30	3
Cell and molecular biology	CBB	Semester 1	106	T:45	4
Nutritional Epidemiology	CN	Semester 1	133	T:15 TP:30	5
Chemical food	CBB	Semester 1	133	T:45 P:15	4
Professional Integration	CN	Semester 1	133	T:30	5
Food Sociology	CSH	Semester 1	133	T:30 TP:30	4
Anatomophysiology II	CBB	Semester 2	80	TP: 30 P:15	5
Psychology II	CSH	Semester 2	80	T:30	3
General Biochemistry I	CBB	Semester 2	133	T:45 P:15	4
Biostatistics	CE	Semester 2	133	T:30 TP:30	5
Pathology	CM	Semester 2	133	T: 60	4
Human Nutrition	CN	Semester 2	160	T:30 TP:30	6
Bioethics and Deontology	CSH	Semester 2	80	T:30	3
<b>Total</b>			<b>1597</b>	<b>720</b>	<b>60</b>

### 2nd Year

Disciplines/Subjects	Scientific unit	Type	Workload		Credit units
			Total/hours	Contact	
General Biochemistry II	CBB	Semester 3	106	T:45 P:15	4
Bromatology	CBB	Semester 3	106	T:30 P:30	4
Nutritional Composition of food	CN	Semester 3	133	T:30 TP:15	5
Nutrition and Dietetics	CN	Semester 3	133	T:30 P:30	5
Dietetics Applied Pathology I	CN	Semester 3	106	T:60	4
Public and Collective Restoration	CN	Semester 3	106	T:15 P:45	4
Public Health and Nutrition	CN	Semester 3	106	T: 45	4

Clinical Dietetic I	CN	Semester 4	133	T:30 P:30	5
Molecular Gastronomy	CN	Semester 4	133	T:15 P:45	5
Pharmacotherapy	FA	Semester 4	80	T:30	3
Immunology	CBB	Semester 4	106	T:30 TP: 15	4
Food Microbiology	CTA	Semestral 4	106	T:45 P:15	4
Dietetics Applied Pathology II	CN	Semester 4	106	T: 60	4
Hygiene and Food Safety	CTA	Semester 4	133	T:30 TP:30	5
<b>Total</b>			<b>1593</b>	<b>765</b>	<b>60</b>

### 3rd Year

Disciplines/Subjects	Scientific unit	Type	Workload		Credit units
			Total/hours	Contact	
Communication in Nutrition	CN	Semester 5	80	TP:30 P:30	3
Research Methodologies	CE	Semester 5	80	T:15 TP:30	3
Control and Food Quality Certification	CTA	Semester 5	133	TP:30 P:30	5
Clinical Dietetic II	CN	Semester 5	133	TP:30 P:30	5
Initiation in Clinical Dietetics	CN	Semester 5	160	TP:30 P:30	6
Genetics	CBB	Semester 5	80	TP:30 P:30	3
Community Nutrition and Health	CN	Semester 5	133	TP:30	5
Food Technology	CTA	Semester 6	106	TP:30 P:30	4
Clinical Dietetic III	CN	Semester 6	133	T:30	5
Dietetics and Nutrition Clinical Placements	CN	Semester 6	160	E:60	6
Food and Dietetics Management	CN	Semester 6	106	T:30	4
Enteral e Parenteral Nutrition	CN	Semester 6	106	TP:30 P:30	4
Food Toxicology	CTA	Semester 6	80	TP:30 P:30	3
Nutrition Policy	CN	Semester 6	106	TP:30 P:30	4
<b>Total</b>			<b>1596</b>	<b>735</b>	<b>60</b>

### 4st Year

Disciplines/Subjects	Scientific unit	Type	Workload		Credit units
			Total/hours	Contact	
Dietetics and Nutrition Clinical Probation	CN	Annual	1431	E:900 OT:90	54
Applied Research in Dietetics	CN	Annual	160	OT: 30	6
<b>Total</b>			<b>1591</b>	<b>1020</b>	<b>60</b>

CBB - Basic biomedical sciences  
 CSH – Human and social sciences  
 CTA – Food science and technology  
 CN – Nutrition sciences  
 T – Theoretical lessons  
 TP – Theoretical and practical lessons

PL – Practical laboratory training  
 OT – Tutorial orientation  
 TC – Field training  
 CE – Statistical sciences  
 CM – Medical sciences  
 FA – Pharmaceutical sciences