



NOVA
MEDICAL SCHOOL

BACHELOR'S DEGREE
IN NUTRITION SCIENCES

21/22

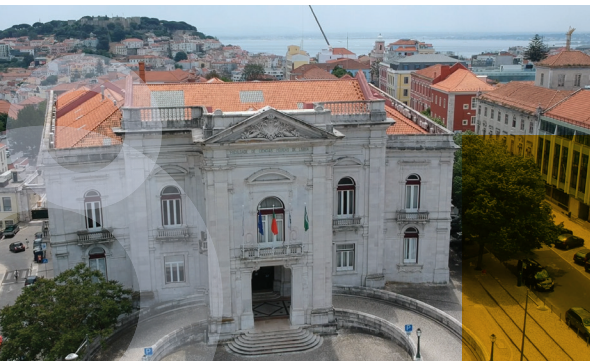
THE FACULTY

NOVA Medical School (NMS) is a modern and innovative Medical School rooted on research. It currently has 1740 students in the Integrated Master Degree in Medicine, 96 in the Bachelor's Degree in Nutrition Sciences and 436 postgraduate students. It has a total of 734 professors and researchers.

In 2021 NMS reached, for the 6th consecutive year, the **1st position** in the ranking of admissions to Higher Education, in Medicine, in the Lisbon Area, with a value of 184.5.

It is the medical school with the best teacher/student ratio in the clinical years in Portugal, it works with several associated health units, which allows a diversity of teaching locations and a more comprehensive knowledge of the hospital reality and of primary health care.

The Bachelor's Degree in Nutrition Sciences, obtained for the 4th consecutive year the highest access score at national level, with a value of 175.3.



HOW TO GET



NMS is located at the top of Santana Hill, a central and historical site of Lisbon, with several modes of transport available.



BUS

730 Picheleira (Qta. Lavrado) <=> Picoas

723 Desterro <=> Algés

767 Campo Mártires da Pátria <=> Estação Damaia

760 Gomes Freire <=> Príncipe Real



LAVRA FUNICULAR

Largo da Anunciada <=> Travessa do Forno / Torel



METRO

Stations: Avenida (Blue Line) / Martim Moniz (Green Line)

THE BACHELOR'S DEGREE

The **Bachelor's Degree in Nutrition Sciences** qualifies to practice the profession of Nutritionist, which is one of the careers with great relevance in the field of health.

The teaching of Nutrition Sciences in NMS, sharing a great part of the teaching of Medicine, is a strong bet from the integrative point of view since it will make possible to acquire hands-on research skills, allowing the students to understand associations and recommendations, and ensure more holistic and effective diagnostics and intervention strategies.

EDUCATIONAL OBJECTIVES

NMS Bachelor's Degree is designed to allow future Nutritionists to:

- Use concepts in the problematization and analysis of a particular case or situation (simulated or real);
- Evaluate, analyze and make decisions based on scientific evidence (Code of Ethics of Nutritionists, Art. 4, d);
- Express personal opinion with arguments;
- Take positions revealing critical and/or humanistic and/or ethical attitude;
- Express ability to design strategies appropriate to different situations and in different scenarios;
- To carry out the profession by showing a critical and/or humanistic and/or ethical and/or welcoming and/or respectful position in the development of the various professional activities;
- Respect diversity; as an active part, to participate in the health policy debate.

This Bachelor's Degree also allows future professionals to acquire skills for diagnosis, intervention and monitoring, process and people management, communication and technology transfer.

PROFESSIONAL OUTLETS

- Hospitals
- Health centers
- Clinics and Offices
- Local Authorities
- Social institutions
- Nursing Homes and Day Care Centers
- Nurseries and Day Nurseries
- Clubs and Sports Companies
- Public and Private Scientific Research Centers
- Higher education institutions and other training institutions
- Agri-food industry
- Catering and hospitality companies
- Governmental and Non-Governmental, National and International Health Organizations [Direção-Geral da Saúde, World Health Organization, European Food Safety Authority (EFSA), UNICEF]

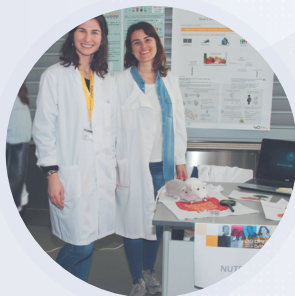
AREAS OF EXPERTISE

- Collective Food and Catering
- Clinical Nutrition, Community Nutrition and Public Health
- Technology, Innovation and Food Marketing
- Research in Food and Nutrition

STUDY PLAN

Curricular unit	ECTS
1st year	
Molecular and Cellular Biology	5,5
Nutrition and Metabolism I	5
Sociology and History of Food	3
Primary Food Production	5,5
Food Chemistry	5,5
Human Feeding	5,5
Nutrition and Metabolism II	5
Biostatistics I	3
Morphology	5
Genetics	3
Human Nutrition	6
Health Communication	5
Optional	3

Curricular unit	ECTS
2nd year	
Immunology	4
Nutritional Epidemiology	4
Physiology	9
Morphology II	5
Basic Microbiology	4
Food technology and new products	4
Biopathology	5
Pathophysiology	5
Food Microbiology	4
Bromatology	4
Public health	4
Gastrothenea	5
Food and Nutrition Marketing	3



Curricular unit	ECTS
3rd year	
Research Methods	5
Pharmacology	4
Food Toxicology	5
Food Safety	4
Food Management Tools	3
Maternal and Pediatric Nutrition	5
Nutrition Assessment	4
Nutrition in Sports	4
Nutrition in Geriatrics	4
Food Quality and Management Systems	4
Psychology and Nutrition	5
Diet Therapy I	6
Community Nutrition	4
Ethics and Professional Deontology	3

Curricular unit	ECTS
4th year	
Research project	5
Biostatistics II	4
Collective Feeding and Management	6
Diet therapy II	6
Artificial nutrition	5
Nutrition Policy	4
Internship	30

DEGREE OR DIPLOMA:

Bachelor's Degree in Nutrition Sciences

PREDOMINANT SCIENTIFIC AREA OF THE COURSE:
Nutrition Sciences

NUMBER OF CREDITS TO OBTAIN A DEGREE OR DIPLOMA:
240

DURATION:
8 Semesters

OPERATING REGIME:
Presential / Daytime

LANGUAGE:
Portuguese

ENTRANCE EXAMINATIONS:
02 Biology and Geology
07 Physics and Chemistry

MINIMUM APPLICATION MARK:
Application - 120 points
Specific - 120 points

CALCULATION OF APPLICATION NOTE:
The application mark corresponds to a 50% weighting in the average of Secondary Education (10th, 11th and 12th), and 50% of the marks of the exams of the specific subjects.

NUMBER OF VACANCIES:
2021/22 - 35

LAST PLACE NOTE (CNA):
2021/22 - 175.3

ADDITIONAL TRAINING OFFER

1ST AND 2ND CICLE | INTEGRATED MASTER DEGREE IN MEDICINE

The Integrated Master Degree in Medicine (MIM) of NOVA Medical School, with a total of 360 credits and 12 curricular semesters of work, incorporates two complementary training cycles:

- a) The first cycle of study aims to obtaining 180 ECTS, distributed in the first six semesters of the curriculum, for a total of 5040 hours of student work.
- b) The second cycle of study aims to obtaining the remaining 180 ECTS, equally distributed over six curricular semesters, for a total of 5040 hours of student work.

ADVANCED STUDIES

At NMS, the Postgraduate offer is wide and diversified both in terms of master's courses - some in English and in collaboration with international organizations and foreign universities - as well as doctoral courses in Health Sciences and other areas resulting from the collaboration with other organic units of Universidade NOVA de Lisboa and / or other Universities.

2ND CICLE | MASTER DEGREES

- NOVA Biochemistry for Health (120 ECTS) - in collaboration with ITQB-NOVA and FCT-NOVA
- Musculoskeletal Physiotherapy (120 ECTS) - in collaboration with Escola Superior de Saúde at Instituto Politécnico de Setúbal and ENSP-NOVA
- Nutritional Phytotechnology for Human Health (120 ECTS) - in collaboration with FCT-NOVA
- Clinical Research Management (120 ECTS) - in collaboration with Universidade de Aveiro, ENSPNOVA and NOVA IMS (MEGIC)
- Biomedical Research (120 ECTS) (NBR)
- Metabolism and Human Nutrition (120 ECTS)
- Medical Microbiology (120 ECTS) – in collaboration with FCT-NOVA, IHMT-NOVA, ITQB-NOVA
- Epidemiology, Biostatistics and Health Research (120 ECTS) – in collaboration with ENSP-NOVA
- One Health – Human and Animal Public Health (120 ECTS) - in collaboration with Universidade de Évora
- Computacional Biology and Bioinformatics (120 ECTS)

3RD CICLE | DOCTORAL DEGREES

- Biomedicine (240 ECTS) - in collaboration with Universidade de Aveiro
- Health Sciences (240 ECTS)

POST-GRADUATION COURSES

- Pharmaceutical Medicine (60 ECTS)

POSTGRADUATE COURSES

- Critical Appraisal of the Scientific Literature in Medicine (1,5 ECTS)
- Lisbon Lab Hands-On Endoscopic Lumbar Spine Surgery (1 ECTS)
- Hand Surgery (1 ECTS)
- Human Cadaveric Advanced Laparoscopic Urology (5 ECTS)
- Communication in Family Medicine consultation (1,5 ECTS)
- Emergency and Intensive Care Medicine (30 ECTS)
- Answering Clinical Questions (1 ECTS)
- Practical Course on Laboratory Animal Science (3 ECTS)
- Genetics and Genomics for Clinicians (9 ECTS)
- Glycobiology & Glycochemistry International E-learning Course (20 ECTS)
- Lisbon International Learning Program on Mental Health Policy and Services (11 ECTS)
- Neurodevelopment of Children and Adolescents (14 ECTS)
- NOVA-BMJ Research to Publication Program (10 ECTS)
- Colposcopy (3 ECTS)
- Pediatric Nutrition: 8 Hot Topics (1 ECTS)
- Workshop “Basic Colposcopy Course” (1 ECTS)
- Nutrition in Sport (9 ECTS)
- Health, Technology and Innovation (24 ECTS)
- Culinary Medicine (10 ECTS)
- Intestinal Microbiota





NOVA MEDICAL
SCHOOL

NMS - NOVA Medical School

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