



# **BACHELOR'S DEGREE IN NUTRITION SCIENCES**

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2023/2024

## THE FACULTY

NOVA Medical School (NMS) is the Medical School of Universidade NOVA de Lisboa, who has more than 45 years of existence. Based on three strategic pillars, NMS is committed to promoting a vanguard teaching in the area of health, develop rigorous research and excellence focused on problem solving health problems of society and provide quality services relevant to needs-focused community existing on the market.

Pedagogical innovation, which drives the entire academic community of the NMS, focuses adapting curricula and pedagogy for better preparation of students to the requirements of the systems of health care increasingly complex and for the ability to solve problems, communicate and collaborate effectively.

A common thread across the whole NMS teaching is the professional contact precocious. Students learn better when they realize that knowledge and the skills they acquire can be applied to their professional practice. This common thread allows NMS to gain a prominent position in national and international level.

We work with several units of associated health, which results in a excellent teacher/student ratio and allows students to come into contact with cases of patients from different contexts cultural, socioeconomic and diverse medical conditions.

Recently, NOVA Medical School invested in graduate training and graduate in nutrition. Our training is distinguished by the focus on practical skills in nutrition clinical, laboratory and public health. O first group of graduate students completed his degree in 2022.

Recognized nationally and internationally for outstanding research, NMS comprises 3 research units: the TOXOMICS (Center for Toxicogenomics and Human Health), the CHRC (Comprehensive Health Research Centre) and iNOVA4Health (translational medicine program) and is still participating in the R&D Centro Unit for Research in Technologies and Services of Health (CINTESIS).

This is our School and our contribution for the transformation of the health of the future!

## THE BACHELOR'S DEGREE

**The Bachelor's Degree in Nutrition Sciences** qualifies to practice the profession of Nutritionist, which is one of the professions 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

**This Bachelor's Degree is designed so that future Nutritionists are able 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 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 [Directorate-General for Health, 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
<b>1<sup>st</sup> year</b>	
Molecular and Cellular Biology	5,5
Nutrition and Metabolism 1	5
Sociology and History of Food	3
Primary Food Production	5,5
Food Chemistry	5,5
Human Feeding	5,5
Nutrition and Metabolism 2	5
Biostatistics 1	3
Morphology	5
Genetics	3
Human Nutrition	6
Health Communication	5
Optional	3

Curricular Unit	ECTS
<b>2<sup>nd</sup> year</b>	
Immunology	4
Nutritional Epidemiology	4
Physiology	9
Morphology 2	5
Basic Microbiology	4
Food technology and new products	4
Biopathology	5
Pathophysiology	5
Food Microbiology	4
Bromatology	4
Public health	4
Gastrotheria	5
Food and Nutrition Marketing	3



Curricular Unit	ECTS
<b>3<sup>rd</sup> year</b>	
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
<b>4<sup>th</sup> year</b>	
Research project	5
Biostatistics 2	4
Collective Feeding and Management	6
Diet therapy 2	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

Diurno / Presencial

## Language

Portuguese

## Entrance Examinations:

Biology and Geology (O2)  
Physics and Chemistry (O7)

## Minimum Application Mark

Application - 120

Specific - 120

## Calculation of Application Note

The application mark corresponds to a 50% weighting in the average of Secondary Education (10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup>), and 50% of the marks of the exams of the specific subjects.

## Number of Vacancies

2022/23 - 22

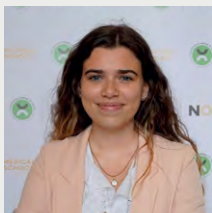
## Last Place Note (CNA)

2022/23 - 166.8



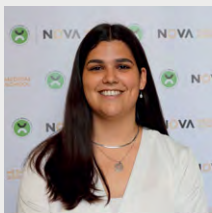


**TESTIMONIALS FROM STUDENTS OF THE BACHELOR'S DEGREE IN NUTRITION SCIENCES**



*"After completing my degree in Nutrition Sciences, I can guarantee that I lived at Nova Medical School some of the best years of my life. I am immensely proud to have been student of this institution and belonging to the group of the first finalists of the Degree. It's been four years of a lot of learning and good times. The living environment inside the NMS it is very welcoming, both among students and between students and teachers. I believe this is the best place to learn Nutrition Science."*

**Bruna Esteves Correia Barbosa**



*"Having believed in a course that didn't exist and applying to Nova Medical School was one of the hardest and right decisions. With the end of the Bachelor of Science in Nutrition I remember unforgettable moments, unbelievable friends and first class education. These 4 years have given me the tools to apply for a master's degree in Denmark, where I am now to continue this journey in nutrition. NMS not only reinforced my passion for the sciences of nutrition, as he gave me 4 years that I remember with great affection."*

**Teresa Duarte da Costa Seco**

**ADDITIONAL TRAINING OFFER**

The offer of postgraduate training at NOVA Medical School is wide and diversified both in terms of level of Master's and Doctorate courses - some of them in English and in collaboration with foreign organizations and universities - and aims to enhance the knowledge and train professionals with skills to develop autonomously scientific research projects in the academic and research fields, as well as in clinical practice and in a business environment.

Advanced training also includes a wide range of graduates courses.

For more information, access the QR Code:



**HOW TO GET**



**The 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**

Avenida (Blue line) | Martim Moniz (Green Line)



**NOVA** MEDICAL SCHOOL

## NOVA Medical School

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