

6TH EDITION

MASTER

HUMAN NUTRITION AND METABOLISM

COORDINATION



**Conceição Calhau,
PhD**



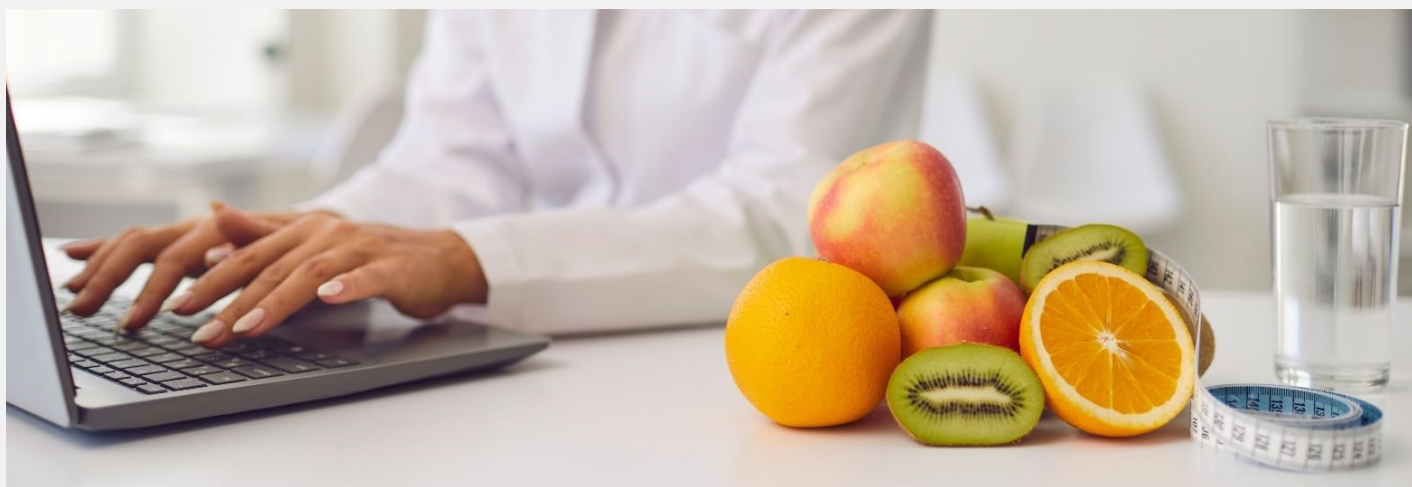
**Diana Teixeira,
PhD**

APPLICATION

26.06.2023 - 01.09.2023

WHY CHOOSE NMS?

- Multidisciplinary Teaching Staff
- High-quality education based on the best and most recent scientific evidence
- Institution recognized nationally and internationally for excellent research
- Listed in the most prestigious international university rankings



MESSAGE FROM THE COORDINATION

The clinical challenges faced by today's healthcare professionals revolve around the 4 P's of Medicine: the ability to predict, prevent, personalize, and engage. Our medical school, NOVA Medical School, focuses on training healthcare professionals with these priorities in mind.

In the Master in Human Nutrition and Metabolism, our aim is to equip you with skills that will make you highly competent clinicians, enabling you to meet the challenges of today's society, particularly in the context of "Aging 3.0," where we aim to live longer, healthier lives.

With a multidisciplinary teaching team instructing various courses, we strive to educate individuals who possess a high level of expertise, emphasizing the connection between human nutrition, metabolism, and the importance of fostering an alliance between them.

We also emphasize the opportunity for our future students to become part of our research center, which is nationally and internationally renowned, and to benefit from the partnerships that NOVA Medical School has established with healthcare units, research facilities, sports clubs, and other partners in the business and industrial sectors.

The Master in Human Nutrition and Metabolism is the right choice for those who aspire to make a difference in the lives of those who seek their help. Let's change the world, one person at a time.

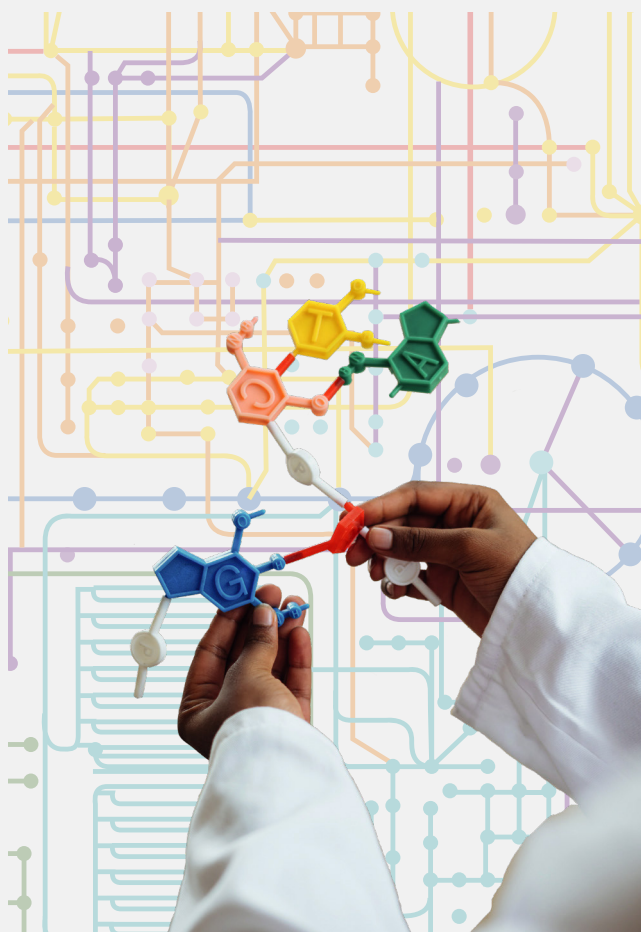


The doctors of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.



Thomas Edison

ABOUT THIS MASTER



The Master in Human Nutrition and Metabolism integrates human nutrition and food with metabolism, aiming to train highly qualified professionals capable of systematically and comprehensively analyzing the main health issues related to inadequate lifestyles, particularly in terms of nutrition. The program focuses on strategies to promote healthy lifestyles from a perspective of Lifestyle Medicine. It aims to prevent non-communicable chronic diseases, metabolic dysfunctions resulting from fetal exposure to dietary factors, and to promote active and healthy aging. The course prepares students to diagnose and intervene by identifying the causes and consequences associated with inadequate dietary habits, while recognizing the molecular mechanisms involved in disease. Students will be equipped not only to implement evidence-based interventions but also to evaluate their effectiveness. They will also acquire the tools to generate scientific evidence and guidelines. Upon completion of the program, students will be prepared to pursue doctoral programs or advance their careers in both the public and private sectors. They will possess the knowledge and skills necessary to access doctoral programs and contribute to the progression of the field. Overall, the Master in Human Nutrition and Metabolism provides a comprehensive education that equips students with the ability to address the complex challenges related to nutrition and health. Graduates will be well-prepared to make a significant impact in research, clinical practice, and public health, promoting healthier lifestyles and improving overall well-being.



Taught in
Portuguese



Fridays and
Saturdays



9 am to 6 pm



INVESTMENT

Application fee: **51€** (not refundable)

Registration fee: **35€**

Insurance: **14€**

National Students: **2.500€ / year**

International Students: **3.500€ / year**

SELECTION CRITERIA

The selection of candidates will be carried out in two stages:

Stage 1:

Curriculum Evaluation **(50%)**

Stage 2:

In-person Interview **(50%)**

Detailed information regarding the selection process can be found in the Application Notice.

TARGET AUDIENCE

- Holders of a bachelor's or master's degree (integrated master's) or equivalent in the fields of Nutritional Sciences, Dietetics, Medicine, Pharmacy, Nursing, or other fields considered appropriate by the Master's Degree Coordination (the completed academic degree should have a minimum of 180 ECTS);
- Holders of a foreign higher academic degree, obtained following a first cycle of studies organized in the aforementioned fields, in accordance with the principles of the Bologna Process, by a country adhering to this process;
- Holders of a foreign higher academic degree in the aforementioned fields, recognized as meeting the objectives of a bachelor's degree by the Scientific Council;
- Individuals with an educational, scientific, or professional background recognized by the Scientific Council as demonstrating the ability to pursue this cycle of studies;
- Applicants should also have a good command of spoken and written Portuguese and English.



Numerus Clausus
35



Híbrido learning



ECTS
120



EASY ACCESS TO THE CLINICAL NUTRITION, REQUIRING ONLY THE COMPLETION OF 3 ADDITIONAL MODULES:

- Artificial Nutrition
- Pediatric Nutrition
- Nutrition Service Management



STUDY PLAN

1st YEAR

- Fundamentals of Molecular Nutrition, Biochemistry, and Physiology (5.5 ECTS) Integration of Metabolism and Nutrition (5.5 ECTS)
- Research Methodologies in Nutrition (4 ECTS)
- Critical Reading of Scientific Literature in Nutritional Sciences (5.5 ECTS)
- Nutrition across the Lifespan (5.5 ECTS)
- Nutritional Diagnosis and Interpretation of Clinical Analyses (5.5 ECTS)
- Nutrition in Pathophysiology (8 ECTS)
- "Omics" and Personalized Nutrition (5.5 ECTS)
- Endocrine Disruptors and Dietary Contaminants (5.5 ECTS)
- Nutrition and Metabolism Seminars (4 ECTS)
- Dissertation Project (5.5 ECTS)

2nd YEAR

- Dissertation (60 ECTS)



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FACULTY



Ana Faria



André Rosário



Catarina Roquette Durão



Cláudia Marques



Conceição Calhau



Diana Teixeira



Diogo Pestana



João Araújo



Júlio César Rocha



Marta Paulino Silvestre

Other invited faculty members with expertise in various areas

HERE ARE SOME TESTIMONIALS ABOUT US...



I am a nutritionist and have a Master's degree in Human Nutrition and Metabolism from NOVA Medical School, NOVA University of Lisbon.

This Master's program has allowed me to expand my knowledge in the areas of Nutrition and Metabolism and bridge the gap between theoretical knowledge and clinical practice. Throughout the academic year, I acquired skills in scientific research that were essential for the development of my dissertation and for my role as a researcher at the Comprehensive Health Research Center.

The excellent faculty and the curriculum tailored to the current challenges in Nutrition make this Master's program a valuable asset for any healthcare professional interested in this field.

Catarina Rodrigues
MASTER'S DEGREE IN HUMAN NUTRITION AND METABOLISM



An innovative and comprehensive master's program with an exceptional faculty team. These past two years have been a period of immense learning, with a strong focus on the latest evidence and hot topics in the field of Nutrition Sciences.

The fact that the faculty members are closely involved in research has made the entire journey even more enriching, expanding the possibilities for international experiences through partnerships with other universities. In my second year of the master's program, I embraced a challenge at the Department of Nutrition, Exercise, and Sports at the University of Copenhagen.

This experience allowed me to grow as a researcher, open more doors in my future professional endeavors, and, above all, learn about a new culture and different working methods.

Teresa Lemos
MASTER'S STUDENT IN HUMAN NUTRITION AND METABOLISM