



Bachelor • Lisboa

# NUTRITION SCIENCES



## Direction

Cintia Ferreira Pêgo  
p5730@ulusofona.pt

## Exams

Have the following national exam:

- 02 Biologia e Geologia

## Secretariat

Marisa Paiva  
ects@ulusofona.pt

## Duration

4 Years

## Credits

240 ects

## Presentation

Nutrition Sciences is an area with a significant impact on human health. A healthy dietary pattern is essential for promoting health and preventing various pathologies. The evidence showing a link between diet, dietary and nutritional imbalances, and some chronic diseases with a higher morbidity and mortality rate, such as cardiovascular diseases, diabetes, and some types of cancer, is increasingly solid and relevant. Lusófona University's Degree in Nutrition Sciences contributes to training nutritionists with the latest scientific knowledge, enabling them to practice professionally in all areas of human food and nutrition. Lusófona University's Degree in Nutrition Sciences is distinguished by its strong clinical teaching, since students have the opportunity to witness the clinical practice of a Nutritionist in a real-life context from early on in their learning, due to the NutriAção program. In addition, Lusófona University's Degree in Nutrition Sciences is a course that stands out for its practice and scientific evidence, as students develop various research projects in their areas of interest in nutrition and food, very early on in their training. Students are encouraged to publish their projects, so that they have contact with all aspects of scientific research, right through to the dissemination and communication of results.

# STUDY PLAN

## 1st Year / No Branch Name

1º Semestre	ects	2º Semestre	ects
Biostatistics	4	Assessment Methodologies of Food Intake	5.5
Cell Biology	5.5	Biochemistry I	5
English	4.5	Deontologia Profissional	4.5
Functional Anatomy I	5.5	Functional Anatomy II	5.5
General Biochemistry	5.5	General Microbiology	5.5
Health and Contemporary Culture History	5	Genetics	4

## 2nd Year / No Branch Name

1º Semestre	ects	2º Semestre	ects
Biochemistry II	5	Assessment Methodologies of Nutritional Status	4.5
Bromatology	6	Computer Science	4
Human Feeding and Nutrition	6.5	Human Feeding and Nutrition	7.5
Microbiology of Foods	5	Immunology	5.5
Physiology I	4	Pharmacology	4
Psychology	3.5	Physiology II	4.5

## 3rd Year / No Branch Name

1º Semestre	ects	2º Semestre	ects
Diotherapy I	7	Collective Feeding and Management	5.5
Food Technology	6	Diotherapy II	7
Food Toxicology	4	Food and Nutrition Policy	4
Gastrotechny	4	Nutrition and Sport	3.5
Hygiene and Food Safety	4.5	Nutrition in Communities	3.5
Pathology of Nutrition	4.5	Project I	6.5

## 4th Year / No Branch Name

1º Semestre	ects	2º Semestre	ects
Diotherapy III	8	Traineeship	30
Geriatric Nutrition	3.5		
Molecular Nutrition	3.5		
Nutrition in Childhood and Adolescence	3.5		
Nutritional Epidemiology and Public Health	5.5		
Project II	6		

Linha direta  
para o teu futuro



963 640 100



217 515 500



info@ulusofona.pt



@u.lusofona.pt

WWW.ULUSOFONA.PT