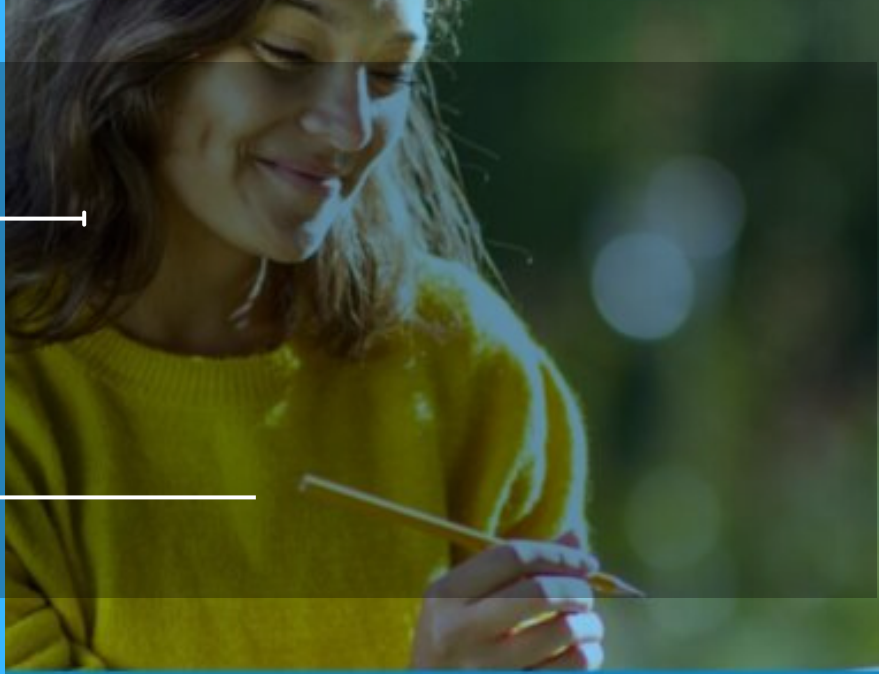


# Degree

# NUTRITION SCIENCE



## Atlântica University Institution

### **Career Opportunities:**

1. Collective Food and Catering
2. Food and Nutrition Research
3. Clinical Nutrition
4. Health, Private Clinics, Pharmacies, Non-Profit Associations
5. Sports Nutrition and Supplementation
6. Community Nutrition and Public Health
7. Food Technology, Innovation and Marketing (Superior Health Technician – Nutrition Branch)

Nutrition Sciences is a current area with growing interest from the community in Portugal. The existence of a degree in the area of food and nutrition in Atlântica will contribute to the implementation of several national and international research projects.

The scientific and pedagogical quality of teaching will allow students to achieve solid learning in this area of knowledge, preparing future nutrition professionals with technical and professional leadership skills, versatility and ability to work in multidisciplinary teams.

The curricular structure was created taking into consideration the European and International context, as well as the Nutritionist Academic Training Reference, in order to ensure an offer and quality of education corresponding to that practiced in the best National and International Universities and to meet the technical and scientific requirements required by the order of nutritionists, reaching a level of excellence and quality.

Thus, it is intended to train nutritionists with differentiating practical skills and ease of use of tools available in the nutrition area. If you want to study Nutrition, apply online now!

## 1st Year

1st Semester CURRICULAR UNIT	WORKING HOURS		ECTS
	Total	Contact	
Human Anatomy	168	T:30; TP:30	6
Biology	140	T:30; TP:15;PL:15	5
Sociology and Food History	112	T:30; TP:15	4
Histology	112	T:22,5; PL:22,5	4
General Biochemistry	140	T:30; TP:15;PL:15	5
Chemistry	168	T:45; PL:30	6

2nd Semester CURRICULAR UNIT	WORKING HOURS		ECTS
	Total	Contact	
Metabolic Biochemistry	140	T:30; TP:30	5
Food and Nutritional Marketing	112	T:30; TP:25	4
Human Physiology	140	T:30; TP:22,5	5
Microbiology and Parasitology	140	T:22,5; PL:30	5
Communication and Entrepreneurship	112	T:15; TP:30	4
Primary Food Production	112	T:30; TP:15	4
Biostatistics I	84	T:15; TP:15	3

## 2nd Year

1st Semester CURRICULAR UNIT	WORKING HOURS		ECTS
	Total	Contact	
Human Physiology II	140	T:30; TP:22,5	5
Food Biochemistry	140	T:30; TP:15;PL:15	5
Food Microbiology	112	T:30; PL:30	4
Immunology	112	T:30; TP:15	4
Human Nutrition I	140	T:30; TP:30	5
Food Toxicology	112	T:30; PL:15	4
Genetics	84	T:15 TP:15	3

2nd Semester CURRICULAR UNIT	WORKING HOURS		ECTS
	Total	Contact	
Nutritional Status Assessment	140	T:15; PL:45	5
Public Health	84	T:15; TP:15	3
Human Nutrition II	140	T:30; TP:30	5
Bromatology	140	T:30; PL:30	5
Pathology I	112	T:30; TP:15	4
Food Technology	112	T:30; TC:30	4
Health Psychology	112	TP:45	4

### 3rd Year

1st Semester CURRICULAR UNIT	WORKING HOURS		ECTS
	Total	Contact	
Gastrotecnic	140	T:22,5; PL:45	5
Diet Therapy I	140	T:30; TP:30	5
Biostatistics II	112	TP:45	4
Hygiene and Food Safety	112	T:30;TP:15	4
Food Law and Quality	112	T:30;TP:15	4
Pathology II	112	T:30;TP:15	4
Pharmacodinamy and Nutrition	112	T:30;TP:15	4

2nd Semester CURRICULAR UNIT	WORKING HOURS		ECTS
	Total	Contact	
Pediatric Nutrition	140	T:30;TP:30	5
Nutrition in Sports	140	T:30;TP:30	5
Communitarian Nutrition	140	T:30;TP:15;TC:15	5
Diet Therapy II	168	T:30;TP:45	6
Pathology II	112	TP:45	4
Clinical Cases	140	T:30;TP:30	5

### 4th Year

1st Semester CURRICULAR UNIT	WORKING HOURS		ECTS
	Total	Contact	
Ethics and Professional Deontology	84	TP:30	3
Food and Nutrition Policy	112	T:30; TP:15	4
Nutritional Epidemiology	112	T:22,5; TP:22,5	4
Research Project	224	TP:12; OT:30	8
Collective Food and Management	168	T:30; TP:45	6
Functional Foods and Dietary	140	T:30; TP:30	5
Nutrition and Aging	140	T:30; TP:30	5

2nd Semester CURRICULAR UNIT	WORKING HOURS		ECTS
	Total	Contact	
Internship in Nutritional Science	840	TP:30; OT:30	30