

Course Unit	Nutrition and Exercise		Field of study	Health Sciences	
Master in	Physical Exercise and Health		School	School of Education	
Academic Year	2023/2024	Year of study	1	Level	2-1
Type	Semestral	Semester	1	Code	6125-520-1104-00-23
Workload (hours)	162	Contact hours	T 10	TP 10	PL 10
			TC -	S 10	E -
			OT 5	O -	

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) **Pedro Miguel Monteiro Rodrigues**

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Understand the importance of food as an integral part of the patient's health and injury prevention and/or treatment
2. Understand the importance of food to the individual, according to the life cycle, body composition, health state, goals and history (culture, habits)
3. Understand the importance of food and evaluation of nutritional risk in disaster situations
4. To discuss the action based on scientific evidence
5. Respect the health of the athlete as a cornerstone of its clinical action

Prerequisites

Not applicable

Course contents

Food and Nutrition. Food consumption: componentes and evaluation methods. Nutritional Requirements throughout the life cycle. Nutrition related diseases & conditions.

Course contents (extended version)

1. Introduction to Nutrition - Food: Macronutrients and Micronutrients
2. Methodologies for Assessing Food Intake
3. Assessment of Nutritional Status / Clinical Signs / Biochemical Assessment
4. Nutrition / Food throughout the life cycle
5. Nutrition / Food in specific pathologies
 - Allergies, Cancer, Diabetes
 - Osteoporosis, Obesity, Metabolic Syndrome, Kidney Disease, Cardiovascular Diseases, Mental Health
6. Nutrition / Food in Disaster Situations

Recommended reading

1. Arends, J. , Bachmann, P. , Baracos, V. , et al. (2017) ESPEN guidelines on nutrition in cancer patients. Clin Nutr. ; 36: 11-48. doi: 10. 1016/j. clnu. 2016. 07. 015
2. Direção-Geral da Saúde (2019) Alimentação Saudável dos 0 aos 6 anos – Linhas De Orientação Para Profissionais E Educadores. Lisboa: Direção-Geral da Saúde, 1ª Ed. ISBN: 978-972-675-292-9.
3. FAO (2018) Dietary Assessment: A resource guide to method selection and application in low resource settings. Rome.
4. Torres D, et al. (2017) Inquérito Alimentar Nacional e de Atividade Física, IAN-AF 2015-2016: Manual Fotográfico de Quantificação de Alimentos. Universidade do Porto. ISBN: 978-989-746-182-8.
5. Vasconcelos, C. , Almeida, A. , Sá, C. et al. (2019) Nutrition-related knowledge and its determinants in middle-aged and older patients with type 2 diabetes, Prim. Care Diab.

Teaching and learning methods

The Course Unit comprises hours of face-to-face contact with presentation of the content and debate on the various topics to be presented. Practical classes with the resolution of clinical cases. There will be 3 moments of evaluations, one related to clinical cases, 1 test at the end of the course and the final work that will be presented.

Assessment methods

1. Continuous evaluation - (Regular, Student Worker) (Final)
 - Intermediate Written Test - 35% (Assessment of knowledge acquired in theoretical and theoretical-practical classes.)
 - Case Studies - 30% (Practical cases during the classes)
 - Work Discussion - 35%
2. Exam evaluation - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 100%

Language of instruction

1. Portuguese, with additional English support for foreign students.
2. English

Electronic validation

Pedro Miguel Monteiro Rodrigues	José Augusto Afonso Bragada	Pedro Miguel Queirós Pimenta Magalhaes	Carlos Manuel Costa Teixeira
25-02-2024	26-02-2024	26-02-2024	27-02-2024