

Course Unit	Identity and Professional Integration		Field of study	Therapy and Rehabilitation	
Bachelor in	Dietetics and Nutrition		School	School of Health	
Academic Year	2021/2022	Year of study	1	Level	1-1
Type	Semestral	Semester	1	ECTS credits	6.0
Code	8149-501-1103-00-21				
Workload (hours)	162	Contact hours	T -	TP 45	PL -
			TC -	S 15	E -
			OT 15	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) Maria de Fatima Viana da Rocha

### Learning outcomes and competences

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

1. Know the history and evolution of the Dietetics and Nutrition Course and identify the skills and competences of dietitians and nutritionists.
2. Understand the evolution of the education system for the Diagnostic and Therapeutic Technologies (dietitians) and Nutritional Sciences (nutritionists).
3. Recognize the evolution of the legislation applicable to the dietitians and nutritionists. To know the board, associations, unions and other professional organizations for dietitians/ nutritionists.
4. Develop a critical awareness of the meaning of the principles and values in the context of health and approach the legal framework relating to civil, criminal and disciplinary liability, in health
5. Reflect about ethical issues on contemporary, related to Dietitians and Nutritionists professional performance
6. Know and Develop scientific and academic studies using the scientific methodologies
7. To know tools for job search.

### Prerequisites

Before the course unit the learner is expected to be able to:  
Not applied

### Course contents

The Evolution of The Dietetics and Nutrition Course; Education system; Legislation applicable to the dietitians and nutritionists. Ethical approach to the Dietetics and Nutrition. Methods and Techniques to do scientific and academic works.

### Course contents (extended version)

1. The Dietetics and Nutrition Course
  - Basic concepts of Dietetics and Nutrition
  - History and evolution of the professions: dietitian and nutritionist
  - Dietitians and nutritionists Skills
  - Dietitians and nutritionists job field
  - The Dietetics and Nutrition at the international level
2. The education system evolution for dietitians and nutritionists.
3. The Evolution of the legislation applicable to Dietitians and Nutritionists
  - Public career
  - Official examination
  - Nutritionists National Board
4. Ethical approach to dietetics and nutrition
  - Ethics, Moral and Deontology
  - Bioethics: Field and characteristics
  - Person and Human dignity - Human rights and Biomedicine
  - Therapeutic Relation: Principles and Values
  - Informed consent and Professional Secrecy
  - Research and Examination in Humans: Ethical Dilemma and Ethic Comissions in Health
  - Deontologic Code and Legislation
  - Practical cases discussions
5. Scientific and Academic Works
  - Monograph
  - Report
  - Paper
  - Poster
  - Oral communication
6. Job Search Tools
  - Posture and personal presentation.
  - Opportunities search
  - Curriculum vitae
  - Presentation letter
  - Interview

### Recommended reading

1. European Federation of the Association of Dietitians (Eds) (2005). Parâmetros Europeus de Referência para a Formação e Exercício Profissional da Dietética (Associação Portuguesa de Dietistas, Trad. ).
2. HOLLI, B. B. , CALABRESE, R. J. , MAILLET, J. O. (2003). Communication and Education Skills for Dietetics Professionals (4ª Ed. ) Philadelphia: Lippincott Williams & Wilkins.
3. Neves, M. C. P. (Coord. ) (2007). Comissões de Ética: Das Bases Teóricas à Actividade Quotidiana. Coimbra: Gráfica de Coimbra 2.
4. Sousa MJ, Baptista CS. Como fazer Investigação, Dissertações, Teses e Relatórios segundo Bolonha. 5ª Edição. Lisboa: Edição Pactor – Edições de Ciências Sociais, Forenses e da Educação, 2011.
5. Lei n.º 126/2015 de 3 de setembro Diário da República, 1.ª série — N.º 172. Lisboa.

### Teaching and learning methods

The course contents will be teach in exhibition classes, motivating the debate, analysis and reflection of practical situations, promoting active students participation. There will be organized seminars, related to course contents, by institutions or professionals invited. There will be tutorial orientation of the works with oral presentation following.

**Assessment methods**

1. Alternative 1 - (Regular, Student Worker) (Final)
  - Final Written Exam - 60%
  - Practical Work - 40%
2. Alternative 2 - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100%

**Language of instruction**

Portuguese

**Electronic validation**

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15-11-2021	02-12-2021	02-12-2021	02-12-2021