

Course Unit	Research Methods		Field of study	Therapy and Rehabilitation	
Bachelor in	Dietetics and Nutrition		School	School of Health	
Academic Year	2021/2022	Year of study	3	Level	1-3
Type	Semestral	Semester	2	ECTS credits	5.0
Code	8149-501-3203-00-21				
Workload (hours)	135	Contact hours	T -	TP 45	PL -
			TC -	S 10	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) Juliana Almeida de Souza, Olivia Perim Galvao de Podesta

Learning outcomes and competences

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

1. Recognize the research process in health: the epistemological, methodological, technical and ethical aspects, in articulation theoretical/empirical field, in Dietetic and Nutrition field.
2. Learn to Elaborate a research project in Dietetic and Nutrition
3. Analyze and perform a critical appreciation of Health research and in this health area
4. Identify the characteristics of the methodological rationale
5. Know the inherent elements to the instrumental and methodological plan of a research
6. Plan all steps of the Research Planning, Execution and Publication

Prerequisites

Before the course unit the learner is expected to be able to:

Recognize different epidemiological indicators. Apply statistical analysis techniques

Course contents

Introduction to quantitative and qualitative research with practical application in the field of dietetics and nutrition

Course contents (extended version)

1. Introductory questions about the scientific object and scientific research
2. The phases of quantitative research
 - Literature review: narrative review, systematic review, and metaanalysis
 - Study problem, research question, and aims definition
 - Definition of data collection instrument, variables, and their operationalization
 - Study hypothesis and hypothesis test (statistics) definition
 - Study types
 - Research ethical
3. Approaches and techniques of qualitative and quantitative research
4. Specific aspect of dietetics and nutrition in research

Recommended reading

1. Coutinho, C. P. (2011). Metodologia de Investigação em Ciências Sociais e Humanas: Teoria e Prática. Coimbra. Almedina
2. Pestana, H. ; Gageiro, J. N. (2008). Análise de Dados para Ciências Sociais. A complementaridade do SPSS. 5ª Ed. Lisboa: Edições Sílabo
3. Ribeiro, J. L. P. (2010). Metodologia de Investigação em Psicologia e Saúde. 3ª Ed. Oliveira de Azemeis. Livpsic.
4. Lovegrove, J. , Sharma, S. , & Hodson, L. (2015). Nutrition research methodologies. UK: Wiley-Blackwell.

Teaching and learning methods

In TP classes, it's used an interactive strategy using the debate and scenarios analysis. In the S Classes, it's presentation and discussion research from guest researchers and critical analysis of scientific papers, in the form of a journal club. The OT classes are intended to support the development of the critical analysis and the project, through a co-creation process.

Assessment methods

1. Final - (Regular, Student Worker) (Final)
 - Projects - 50% (Research Project in the field of Dietetics and Nutrition, developed in cocreation processo)
 - Presentations - 40% (Journal club (analysis, presentation and discussion of two scientific papers))
 - Work Discussion - 10% (Ability to discuss research with colleagues and guest researchers)
2. Second chance examination - (Regular, Student Worker) (Supplementary, Special)
 - Projects - 100% (Written (100%) Research Project in the field of Dietetics and Nutrition)

Language of instruction

Portuguese, with additional English support for foreign students.

Electronic validation

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08-04-2022	08-04-2022	11-04-2022	12-04-2022