

Course Unit	Research Methods		Field of study	Therapy and Rehabilitation	
Bachelor in	Dietetics and Nutrition		School	School of Health	
Academic Year	2022/2023	Year of study	3	Level	1-3
Type	Semestral	Semester	2	ECTS credits	5.0
Code	8149-501-3203-00-22				
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

### 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 epistemologicals, 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:  
Not applicable

### Course contents

Introduction to 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
  - Scientific methodology: science vs pseudoscience
  - Research process phases: conceptual, methodological, empirical, interpretation and dissemination
  - Studies design
  - Management of bibliographic information
2. The phases of quantitative research
  - The choice of the theme and the preliminary question
  - Literature review: narrative, scope, systematic, and metaanalysis
  - Study problem, research question, and aims definition
  - Definition of the study design regarding nature, method and analysis
  - Definition of population, sample and sampling technique
  - Definition of data collection instrument, variables, and their operationalization
  - Study hypothesis and hypothesis test (statistics) definition
  - Research ethical
3. Specific aspect of dietetics and nutrition in research
  - Methods to determine dietary intake
  - Methods investigating food-related behaviour
  - Methods for assessing nutritional status and body composition

### Recommended reading

1. Coutinho, C. P. (2011). Metodologia de Investigação em Ciências Sociais e Humanas: Teoria e Prática. Coimbra. Almedina
2. Ribeiro, J. L. P. (2010). Metodologia de Investigação em Psicologia e Saúde. 3ª Ed. Oliveira de Azemeis. Livpsic.
3. Fortin, M.-F. (2009). Fundamentos e etapas do processo de investigação. Canada: Lusodidactica.
4. Lovegrove, J. , Sharma, S. , & Hodson, L. (2015). Nutrition research methodologies. UK: Wiley-Blackwell.
5. Pestana, H. ; Gageiro, J. N. (2008). Análise de Dados para Ciências Sociais. A complementaridade do SPSS. 5ª Ed. Lisboa: Edições Sílabo

### Teaching and learning methods

Teaching methodologies include TP classes, with analysis of texts, articles and scenarios, exercise execution and group discussion; S classes, with presentation of papers or critical analysis of scientific articles with debate, in the form of JournalClub; ot classes, for individualised support of the development of critical analyses and research project, in a process of co-creation.

### 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

Juliana Almeida de Souza	Ana Maria Geraldes Rodrigues Pereira	Josiana Adelaide Vaz	Adília Maria Pires da Silva Fernandes
14-03-2023	21-03-2023	30-03-2023	17-04-2023