

Course Unit	Internship I		Field of study	Therapy and Rehabilitation	
Bachelor in	Dietetics and Nutrition		School	School of Health	
Academic Year	2022/2023	Year of study	4	Level	1-4
Type	Semestral	Semester	1	ECTS credits	30.0
Code	8149-501-4101-00-22				
Workload (hours)	810	Contact hours	T -	TP -	PL -
			TC -	S -	E 420
			OT 60	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, Ana Maria Gerales Rodrigues Pereira, Maria de Fatima Viana da Rocha, Vera Alexandra Ferro Lebres

Learning outcomes and competences

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

1. Work as a dietitian in the administrative and food safety fields.
2. Work as a dietitian in the clinical field
3. Work as a dietitian in the community and public health
4. Develop an investigation project applied to Dietetics and Nutrition, using all methods, technics and instruments essential to Dietetics and Nutrition research.
5. Prepare a review paper in the context of the research project theme.

Prerequisites

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

Solve theoretic and practice exercises and supervised activities in all Dietetics intervention fields.

Course contents

Development of all professional activities of the dietitians, in Clinical Dietetics, Community nutrition, Administrative and Food Safety and Research Applied to Dietetics and Nutrition.

Course contents (extended version)

1. Professional Practice: Clinical and Community Dietetics, Management of Food Quality and Safety
 - Counselling, implementing all stages of individualized dietary care
 - To Participate in the clinical sessions in multidisciplinary teams
 - To Plan/Develop community actions: training, management of food availability and nutrition education
 - To participate in quality control and food safety in catering and/or restaurants
 - To participate in Food Service and Dietetic Unit Management
 - To participate in Applied Dietetics Research
2. Research: Development of a research project in Dietetics
 - Bibliographic review/ State of Art in the area of research - Review paper
 - Methods planning and definition
 - Data collection and statistical analysis

Recommended reading

1. The American Journal of Clinical Nutrition, disponível em [www. b-on. pt](#)
2. Journal of Food Safety, disponível em [www. b-on. pt](#)
3. Journal of Food Quality, disponível em [www. b-on. pt](#)
4. Journal of Nutrition Education and Behavior, disponível em [www. b-on. pt](#)
5. Journal of the Academy of Nutrition and Dietetics, disponível em [www. b-on. pt](#)

Teaching and learning methods

Development of all the activities inherent to the dietitian profession, with supervision by the practitioner dietitian, in such a way that the student acquires autonomy work capacities. The dietitian lecturer accompanies the supervisor and the student to ensure the aims achievement. Development of a research project, under supervision.

Assessment methods

- Unique Alternative - (Regular, Student Worker) (Final, Supplementary, Special)
 - Practical Work - 40% (Evaluation by the mentor (dietitian). No written exam can substitute this evaluation.)
 - Presentations - 24% (Practical Placement Oral Presentation/Discussion. No written exam can substitute this evaluation.)
 - Reports and Guides - 16% (Final Written Report. No written exam can substitute this evaluation.)
 - Development Topics - 20% (Review paper. No written exam can substitute this evaluation.)

Language of instruction

Portuguese

Electronic validation

Juliana Almeida de Souza	Ana Maria Gerales Rodrigues Pereira	Juliana Almeida de Souza	Adília Maria Pires da Silva Fernandes
03-01-2023	03-01-2023	03-01-2023	07-01-2023