

Course Unit	Internship II	Field of study	Therapy and Rehabilitation
Bachelor in	Dietetics and Nutrition	School	School of Health
Academic Year	2021/2022	Year of study	4
Type	Semestral	Semester	2
Level	1-4	ECTS credits	30.0
Code	8149-501-4201-00-21		
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) Vera Alexandra Ferro Lebres, Ana Maria Gerales Rodrigues Pereira, Juliana Almeida de Souza, 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. 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, using all methods, technics and instruments essential to Dietetics and Nutrition research.

Prerequisites

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

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

Course contents

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

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
 - 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 American Dietetic Association, 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. No written exam can substitute this evaluation. Minimal grade required)
- Presentations - 20% (Practical Placement Oral Presentation. No written exam can substitute. Minimal grade required)
- Reports and Guides - 20% (Final Written Report. No written exam can substitute this evaluation. Minimal grade required)
- Development Topics - 20% (Research Paper. No written exam can substitute this method. Minimal grade required)

Language of instruction

Portuguese

Electronic validation

Vera Alexandra Ferro Lebres	Josiana Adelaide Vaz	Isabel Cristina Jornalo Freire Pinto	Adília Maria Pires da Silva Fernandes
05-11-2021	09-11-2021	12-11-2021	12-11-2021