

|                  |  |               |                |                         |       |
|------------------|--|---------------|----------------|-------------------------|-------|
| Course Unit      | Dietetics and Nutrition in the Elderly |               | Field of study | Dietetics and Nutrition |       |
| Bachelor in      | Dietetics and Nutrition                |               | School         | School of Health        |       |
| Academic Year    | 2023/2024                              | Year of study | 2              | Level                   | 1-2   |
| Type             | Semestral                              | Semester      | 2              | ECTS credits            | 4.0   |
| Code             | 8149-807-2202-00-23                    |               |                |                         |       |
| Workload (hours) | 108                                    | Contact hours | T -            | TP 22,5                 | PL 30 |
|                  |  |               | TC -           | S -                     | E -   |
|                  |  |               | OT 7,5         | 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)

#### Learning outcomes and competences

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

1. Identify nutritional needs in childhood, pregnancy, lactation and elderly
2. Adapt different nutritional assessment methods to age/ physiologic situation
3. Adapt different dietary assessment methods to age/ physiologic situation
4. Adapt eating behavior change methods to age/ physiologic situation

#### Prerequisites

Not applicable

#### Course contents

Dietetics Intervention in different stages of the Life Cycle.

#### Course contents (extended version)

1. Dietetics in the Elderly
2. Dietetics in the Pre-Conception
3. Dietetics in the Pregnancy
4. Dietetics in Lactation
5. Dietetics at the Childhood
6. Dietetics in the Adolescence

#### Recommended reading

1. Scopus database
2. PubMed database

#### Teaching and learning methods

The TP lessons will be based on the analysis of the specific guidelines for nutritional intervention in each life stage, using the debate to promote students reflection and active participation. The PL lessons consist of training nutrition and dietary assessment techniques, consultation simulation and practical cases resolution.

#### Assessment methods

1. Continuous evaluation - (Regular, Student Worker) (Final)
  - Portfolio - 10% (Work carried out in the TP classes)
  - Work Discussion - 40% (Presentation and discussion of a video lesson on a topic. A minimal classification of is required.)
  - Case Studies - 50% (Practical Evaluation. Minimal classification required, according to the Pedagogical Regulation.)
2. Evaluation through exams - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 50% (TP Component Evaluation. Minimal classification required, according to the Pedagogical Regulation.)
  - Case Studies - 50% (Case solving (practical evaluation). Minimal classification required, according to Pedagogical Reg.)

#### Language of instruction

Portuguese, with additional English support for foreign students.

#### Electronic validation

|                                |                             |                                 |                                       |
|--------------------------------|-----------------------------|---------------------------------|---------------------------------------|
| Iolanda Ligia Rodrigues Afonso | Vera Alexandra Ferro Lebres | Luis Migue Fernandes Nascimento | Adília Maria Pires da Silva Fernandes |
| 04-04-2024                     | 08-04-2024                  | 09-04-2024                      | 09-04-2024                            |