

2025 — 2026

# BACHELOR'S DEGREE IN NUTRITION SCIENCES



**EDUCATION  
FOR THE  
FUTURE**

SINCE 1977



**NOVA** MEDICAL  
SCHOOL



# EDUCATION FOR THE FUTURE



## THE SCHOOL

**With over 45 years of existence, NOVA Medical School (NMS) is one of the organic units of NOVA University of Lisbon, dedicated to education and research in medical sciences and nutrition.**

**To achieve its mission for a better health future, NMS is based on three strategic pillars.**

**Education**, by promoting cutting-edge and pedagogical innovation. By adapting curricula, students are prepared for the demands of increasingly complex healthcare systems. NMS is also committed to early professional contact, allowing students to solidify their knowledge and skills in a real-world context.

With a network of more than 25 healthcare units, it offers a unique educational experience, where each student is prepared to transform the reality of healthcare.

**Research**, as the driving force behind the evolution and creation of knowledge in the health sciences. With an Interdisciplinary Research Center involved in national and international projects, NMS is geared towards discovering and solving problems that affect - or will affect - society.

**Community**, through initiatives that bring our academic community and the general public together. NMS offers a wide range of health consultations and complementary exams, helping to improve the state of health and quality of life of the entire community.

A Medical School that graduates doctors and nutritionists, but above all, seeks to graduate complete citizens.

**Together for the future of health!**

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## NATIONAL AND INTERNATIONAL RECOGNITION FOR ITS RESEARCH EXCELLENCE

### RESEARCH AT NOVA MEDICAL SCHOOL

NOVA Medical School develops translational research of excellence focused on transforming scientific discoveries into practical applications that can answer today's health challenges. This approach allows us to bridge the gap between the laboratory and clinical practice, ensuring that new diagnostic and treatment tools as well as prevention strategies are developed and implemented effectively in the community. A diverse and multidisciplinary environment that brings together a variety of specialists, including clinical and biomedical researchers, nutritionists and clinicians, and which relies on the collaboration of patients, guarantees the success of the research results. A rich combination of perspectives that promotes a dynamic and innovative research ecosystem and drives progress from the identification of health needs to the development of viable solutions. This not only ensures that new treatments reach patients faster, but also improves the overall standard of care, ultimately increasing the health and well-being of the population.

### NOVA UNIVERSITY OF LISBON

NOVA University of Lisbon features prominently in the main international rankings.

These results reflect NOVA's work as a university with excellent education, capable of ensuring high levels of professional success for its students.

## FORMING PIONEERS THROUGH TECHNOLOGY

This is our School  
and our contribution  
to transforming the  
health of the future!







# THE BACHELOR'S DEGREE

The Bachelor's Degree in Nutritional Sciences qualifies you to work as a nutritionist, one of the most important professions in the health sector.

The teaching of Nutritional Sciences at NOVA Medical School, in conjunction with much of the teaching of Medicine, is a strong bet from an integrative point of view, where it will be possible to train for the acquisition of 'hands-on research skills', allowing the student to understand associations and recommendations and ensure more holistic and effective diagnoses and intervention strategies.

## OBJECTIVES

The degree is designed so that future nutritionists are able to:

- Use concepts in the problematization and analysis of a given case or situation (simulated or real);
- Evaluate, analyze and make decisions based on scientific evidence (Code of Ethics for Nutritionists, Art. 4, point d);
- Express a personal opinion with argumentation;
- Adopt a critical and/or humanistic and/or ethical stance;
- Express the ability to design appropriate strategies for different situations and in different scenarios;
- Carry out the profession with a critical and/or humanistic and/or ethical and/or welcoming and/or respectful attitude;
- Respect diversity;
- Participate in the debate of health policies.

This Bachelor's Degree enables future professionals to acquire skills in diagnosis, intervention and monitoring, process and people management, communication and technology transfer.

## OTHER INFORMATION

### CAREER PATHS

- Hospitals
- Health Centers
- Clinics and practices
- Local authorities
- Social institutions
- Nursing Homes and Day Care Centers
- Nurseries and Kindergartens
- Sports clubs and companies
- Public and private scientific research centers
- Higher education institutions and other institutions
- Agri-food industry
- Catering and hotel companies
- National and international governmental and non-governmental organizations in the health field

### AWARDS AND SCHOLARSHIPS

- Erasmus+ scholarships
- Prizes for the best student in each curricular year
- Prizes for the best students in some curricular units

### AREAS OF EXPERTIS

- Collective Nutrition and Catering
- Clinical Nutrition
- Community Nutrition and Public Health
- Food Technology, Innovation and Marketing
- Food and Nutrition Research

### MOBILITY PROGRAMS

- Erasmus+ Study
- Erasmus+ Internships
- Cooperation Agreements
- Free movement
- Almeida Garrett
- AULP
- IFMSA Exchanges\*
- ANEM National Internships\*

\* managed by AENMS





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## STUDENTS TESTIMONIALS

**I entered two years ago without knowing what awaited me, but I quickly realized that, even though I never really knew what I wanted, I ended up in the right place...**

a university that, in addition to the course, has several other opportunities on offer. During these 2 years, I've already been able to join the mission to "eradicate the fear of the white coat" at the Hospital da Bonecada, walk dogs that spend their days locked in boxes by volunteering at the municipal kennel and, more recently, help develop a conference by being part of the organizing committee of the N2S Conference, our college's nutrition project. It's not always easy to balance it with the work that a degree demands of you, but I believe it's very worthwhile trying to get the best out of both!

**MAFALDA COSTA MARTINS**  
Nutrition Sciences undergraduate student



**Studying Nutrition Sciences at NOVA Medical School has been an enriching experience...**

of which I am proud and with which I feel fulfilled. The course, although demanding and challenging, is very complete, covering the various dimensions of Nutrition and valuing the practical component, which has allowed me to develop soft skills and improve my critical thinking. The teaching staff, in addition to ensuring teaching with a high level of scientific rigor, is approachable and always available. In addition, being a student at NMS has allowed me to take advantage of numerous initiatives that complement the curriculum, such as being part of the Organizing Committee of a scientific congress on Nutrition, the N2S Conference, being part of the Students' Association and playing volleyball in the faculty team.

**CATARINA BRÁS**  
Nutrition Sciences undergraduate student







- **Degree or Diploma**  
Degree in Nutritional Sciences
- **Predominant scientific area of the course**  
Nutritional Sciences
- **Number of ECTS credits required to obtain the degree or diploma**  
240
- **Duration**  
8 semesters
- **Regime**  
Daytime/In-person
- **Language**  
Portuguese
- **Prerequisite**  
Group A - Interpersonal Communication (Medical Certificate)

NATIONAL CALL:

- **Entrance Exams\***  
Biology and Geology  
Physics and Chemistry  
\* or any other set of tests which, in the meantime, are demanded.
- **Minimum classification for application**  
Application degree - 120 points  
Entrance exams - 120 points in each exam
- **Calculation formula**  
High School Average: 50%  
Entrance Exams: 50%
- **Number of vacancies**  
2024/25 - 20
- **Last-placed in the national entrance**  
2024/25 - 153,3

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STUDY PLAN

1ST YEAR

| CURRICULAR UNIT                | ECTS |
|--------------------------------|------|
| Molecular and Cellular Biology | 5,5  |
| Nutrition and Metabolism I     | 5    |
| Sociology and History of Food  | 3    |
| Primary Food Production        | 5,5  |
| Food Chemistry                 | 5,5  |
| Human Feeding                  | 5,5  |
| Nutrition and Metabolism II    | 5    |
| Biostatistics I                | 3    |
| Morphology                     | 5    |
| Genetics                       | 3    |
| Human Nutrition                | 6    |
| Health Communication           | 5    |
| Optional                       | 3    |

2ND YEAR

| CURRICULAR UNIT                  | ECTS |
|----------------------------------|------|
| Immunology                       | 4    |
| Nutritional Epidemiology         | 4    |
| Physiology                       | 9    |
| Morphology II                    | 5    |
| Basic Microbiology               | 4    |
| Food technology and new products | 4    |
| Biopathology                     | 5    |
| Pathophysiology                  | 5    |
| Food Microbiology                | 4    |
| Bromatology                      | 4    |
| Public Health                    | 4    |
| Gastrothenia                     | 5    |
| Food and Nutrition Marketing     | 3    |



STUDY PLAN

3RD YEAR

| CURRICULAR UNIT                     | ECTS |
|-------------------------------------|------|
| Research Methods                    | 5    |
| Pharmacology                        | 4    |
| Food Toxicology                     | 5    |
| Food Safety                         | 4    |
| Food Management Tools               | 3    |
| Maternal and Pediatric Nutrition    | 5    |
| Nutrition Assessment                | 4    |
| Nutrition in Sports                 | 4    |
| Nutrition in Geriatrics             | 4    |
| Food Quality and Management Systems | 4    |
| Psychology and Nutrition            | 5    |
| Diet Therapy I                      | 6    |
| Community Nutrition                 | 4    |
| Ethics and Professional Deontology  | 3    |

4TH YEAR

| CURRICULAR UNIT                   | ECTS |
|-----------------------------------|------|
| Research Project                  | 5    |
| Biostatistics II                  | 4    |
| Collective Feeding and Management | 6    |
| Diet Therapy II                   | 6    |
| Artificial Nutrition              | 5    |
| Nutritional Policy                | 4    |
| Internship                        | 30   |

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KITCHEN LAB

**The Kitchen Lab is a specialized classroom for combining theoretical and practical teaching on the implementation of food recommendations and learning about some of the techniques inherent in food production and innovation.**

In this laboratory, classes are taught in different curricular units, such as Food Technology and New Products, Gastrotechnics, Sports Nutrition and Artificial Nutrition, allowing students to learn about and participate in the production and preparation of food, stimulating the creation of new products or recipes. From theory to practice, they will be able to recognize the nutritional changes that occur during processing or cooking, being able to choose the techniques that guarantee the nutritional adequacy of a product or meal adapted to different pathologies or conditions.





## DISCOVER THE PATH TO YOUR FUTURE

### HOW TO GET HERE?

### CONTACTS

#### Admissions | Special Selection Competitions in Medicine and Nutritional Sciences

E-mail: [admissions@nms.unl.pt](mailto:admissions@nms.unl.pt)

Phone: +351 210 529 766

#### Office hours:

Monday to Friday

9.30 a.m. - 1 p.m. / 2 p.m. - 4 p.m.

#### Address:

Academic Service

NOVA Medical School

Campo dos Mártires da Pátria, 130

1169-056 Lisboa - Portugal



NOVA Medical School is located in Colina de Santana, a central and historic location in Lisbon, with several means of transportation available

#### Bus

730 Picheleira (Qta. Lavrado) — Pça José Fontana

723 Desterro — Algés

767 Campo Mártires da Pátria — Reboleira (metro)

760 Gomes Freire — Cemit. Ajuda

#### Lavra Funicular

Largo da Anunciada — R. Câmara Pestana

#### Metro

Estações: Avenida (Linha Azul) | Martim Moniz (Linha Verde)





## **NOVA Medical School**

Campo dos Mártires da Pátria, 130  
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[www.nms.unl.pt](http://www.nms.unl.pt)

