

Course Unit	Research Methods	Field of study	Therapy and Rehabilitation
Bachelor in	Dietetics and Nutrition	School	School of Health
Academic Year	2019/2020	Year of study	3
Type	Semestral	Semester	2
Workload (hours)	135	Contact hours	T - , TP 45, PL - , TC - , S 10, E - , OT 15, O -
		Level	1-3
		Code	8149-501-3203-00-19
		ECTS credits	5.0

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 epistemological, 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. Perform all steps of the Research Planning, Execution and Publication

Prerequisites

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

Recognize different epidemiological indicators. Apply statistical analysis techniques

Course contents

Introduction to quantitative and qualitative 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
2. The phases of quantitative research
3. The phases of qualitative research
4. Approaches and techniques of qualitative and quantitative research
5. Specific aspect of dietetics and nutrition in research

Recommended reading

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

Teaching and learning methods

The teaching methodologies include TP classes, which use an interactive strategy using the debate and scenarios analysis. The S Classes complement the TP classes through critical analysis of scientific papers with presentation and discussion in the form of journal club. The OT classes are intended to support the development of the research project, through a co-creation process.

Assessment methods

1. Final - (Regular, Student Worker) (Final)
 - Projects - 50% (Research Project in the field of Dietetics and Nutrition, developed in cocreation processo)
 - Presentations - 50% (Journal club (analysis, presentation and discussion of scientific papers))
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

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25-03-2020	01-04-2020	01-04-2020	01-04-2020