

APPROVED BY  
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## **DESCRIPTOR OF THE STUDY FIELD OF NUTRITION**

### **CHAPTER I GENERAL PROVISIONS**

1. The Descriptor of the Study Field of Nutrition (hereinafter referred to as the “Descriptor”) shall govern the requirements applied to the study programmes of the study field of Nutrition.

2. The Descriptor has been prepared in accordance with the Law on Higher Education and Research of the Republic of Lithuania taking into account Resolution No 535 of the Government of the Republic of Lithuania of 4 May 2010 “On the Approval of the Descriptor of the Lithuanian Qualifications Framework”, Order No V-2212 of the Minister of Education and Science of the Republic of Lithuania of 21 November 2011 “On the Approval of the Descriptor of Study Cycles”, Order No V-501 of the Minister of Education and Science of the Republic of Lithuania of 9 April 2010 “On the Approval of the Descriptor of General Requirements for Degree-Awarding First Cycle and Integrated Study Programmes”, Order No V-826 of the Minister of Education and Science of the Republic of Lithuania of 3 June 2010 “On the Approval of the Descriptor of General Requirements for Master’s Study Programmes”, Order No V-2463 of the Minister of Education and Science of the Republic of Lithuania of 15 December 2011 “On the Approval of Recommendations for Developing the Descriptor of a Study Field or Study Fields”. The Descriptor has been prepared with regard to the European Dietetic Competences and their Performance Indicators of the European Federation of the Associations of Dietitians (EDAF) (<http://www.thematicnetworkdietetics.eu>).

3. The studies of the study field of Nutrition shall be carried out in colleges of higher education. The Descriptor shall be applied to first cycle higher education college study programmes of the study field of Nutrition.

4. The Descriptor aims to:

4.1. Assist colleges of higher education in designing, updating, implementing and improving study programmes of the study field of Nutrition;

4.2. Inform students, employers and other stakeholders about the knowledge, abilities and their levels acquired during studies of the study field of Nutrition;

4.3. Provide information to experts who assess study programmes of the study field of Nutrition;

4.4. Give guidelines that help to formulate the learning outcomes of study programmes of the study field of Nutrition.

5. Upon completion of higher education college study programmes of the study field of Nutrition, a higher education qualification shall be acquired and a Professional Bachelor’s degree in the branch of the study field of Nutrition (Dietetics or Applied Nutrition) shall be awarded by issuing a Professional Bachelor’s diploma.

6. Studies of the study field of Nutrition shall be organised on a full-time basis.

7. Persons with at least secondary education shall be enrolled in first cycle study programmes of the study field of Nutrition in an admission contest, taking into account their learning outcomes, entrance examinations or other criteria established by a higher education institution. Higher education institutions shall establish a list of competitive subjects by field of study and principles for the award of contest points, the lowest possible entrance grade and other criteria, having

received the assessment of student representation, and publish them no later than 2 years preceding the start of the school year.

8. With respect to the study programme upon completion whereof a double Professional Bachelor's degree of the major study field and the minor study field is awarded, a minor study field may be the study field (branch) of Management if a college of higher education implements an accredited study programme of the study field (branch) of Management, or another field (branch) of the same group of study fields. The study field of Nutrition may not be a minor field.

9. The volume of practical training (instructional, cognitive, professional, etc.) shall be not less than 30 credits. The location of final practical training shall be coordinated with the topic of the final thesis and shall be similar to those workplaces in which graduates are deemed to work.

10. The study programme shall be completed by the assessment of graduate's knowledge and abilities during the defence of a final thesis (project), which receives at least 9 credits. If a double Professional Bachelor's degree is awarded upon completion of the study programme, final theses (projects) of the major study field and the minor study field (branch) shall be provided, by giving them at least 12 study credits in total.

11. The awarded Professional Bachelor's degree corresponds to the sixth level of the Lithuanian Qualifications Framework and the sixth level of the European Qualifications Framework for Lifelong Learning.

## **CHAPTER II DESCRIPTION OF THE STUDY FIELD**

12. The Science of Nutrition is the area of science and technologies which explores processes during which the body assimilates, digests and uses food and liquids in order to normally function, grow and develop. This science is related to the energy value (calories) of nutrients as well as the content of carbohydrates, proteins, fat, minerals and vitamins in food products.

13. The main activity aims of professionals of the field are to:

13.1. Ensure that a person receives the necessary amount of nutrients with sufficient energy value;

13.2. Conduct supervision of individual nutrition;

13.3. Communicate and cooperate with the professionals of health care and other fields on the issues of scientific achievements and the latest food production technologies;

13.4. Consult on the issues of nutrition and lifestyle;

13.5. Apply the hazard analysis and critical control point system requirements in the food production chain;

13.6. Develop and implement strategies which promote the choice of safe and quality food.

14. The knowledge and abilities acquired in study programmes of the study field of Nutrition may be applied in personal health care institutions of all levels, which are responsible for the health care of persons from different age groups, health care institutions of the system of national defence and interior affairs, social care and education institutions, physical training and sport centres, rehabilitation and sanatorium treatment, private personal health care institutions, public and private catering establishments.

15. Knowledge acquired in study programmes of the study field of Nutrition may be applied in industry (in particular, food and pharmacy) or in education and research institutions as well as mass media for the purpose of raising public awareness.

16. Study programmes of the study field of Nutrition shall reflect the latest knowledge, technologies and ideas.

17. The content of study programmes of the study field of Nutrition shall focus on the local, national and international demands and priorities of Dietetics and Applied Nutrition, which are defined in both Lithuanian and European Union strategic documents.

## **CHAPTER III GENERAL AND SPECIAL LEARNING OUTCOMES**

18. The learning outcomes of the study field of Nutrition refer to the knowledge and abilities to be acquired by a student during studies.

19. Upon completion of study programmes of the study field of Nutrition, persons will have achieved the following learning outcomes:

19.1. Knowledge and its application:

19.1.1. Application of the latest knowledge in Dietetics and Applied Nutrition as well as scientific knowledge in practice, by conducting applied research on the development of the profession, the principles of ethics, the fundamentals of scientific research methodology, and the environmental impact on person's health;

19.1.2. Understanding of nutrition correlation with the anatomical, physiological, genetic and biochemical characteristics of a person at different stages of life;

19.1.3. Knowledge of relationship between pathological human body processes and nutrition;

19.1.4. Ability to organise evidence-based practice of Dietetics;

19.1.5. Ability to relate the prevention programmes implemented in Lithuania to the education of proper lifestyle;

19.1.6. Knowledge of the limits of professional activity and responsibility, provision of professional information within the limits of their competence;

19.1.7. Ability to apply the provisions of legal acts governing health care and the principles of professional ethics in professional activities;

19.1.8. Knowledge of the tendencies of food security control, ability to emphasise a complex relationship between a person, environment and food.

19.2. Research skills:

19.2.1. Ability to describe the key models of scientific research, and carry out practice-oriented empirical research;

19.2.2. Ability to evaluate research findings and integrate Applied Nutrition, Dietetics and Social Science research in practice;

19.2.3. Ability to evaluate and improve practical application of Applied Nutrition and the Science of Dietetics, solving the specific nutrition-related problems, developing professional activities, and introducing innovations of Nutrition and the Science of Dietetics.

19.3. Social abilities:

19.3.1. Ability to efficiently communicate and cooperate with regard to arising demands in various situations related to health and social environment;

19.3.2. Ability to work in an interdisciplinary team, assume personal and social responsibility for actions and decisions;

19.3.3. Ability to apply individual-oriented practice when working in a health care team and cooperating with professionals of other fields;

19.3.4. Ability to take into consideration individual differences of persons and their expectations as well as their influence on nutrition and lifestyle habits;

19.3.5. Ability to express their thoughts both orally and in writing in a fluent and persuasive manner, communicate in Lithuanian and foreign languages in a professional environment, follow national legislation and the International Code of Ethics and Code of Good Practice, acknowledge the diversity of people and cross-cultural differences;

19.3.6. Ability to generate new ideas in their practical activities and adapt to new situations;

19.3.7. Ability to consolidate the image of the profession, care about its value and significance in society, and ensure the quality of evidence-based practice;

19.3.8. Ability to communicate the knowledge of activity field to the learners.

#### 19.4. Personal abilities:

19.4.1. Ability to critically assess their professional practice, knowledge and abilities, perceive the importance of lifelong learning, and choose learning strategies and methods;

19.4.2. Ability to reflect, apply fundamental knowledge in practice, independently solve problems, make decisions and assess their impact, as well as act on the basis of practical knowledge;

19.4.3. Ability to gather, systematise and interpret data in order to solve social, ethical and cross-cultural problems, use information and communication technologies when searching for or presenting information related to the practice of Applied Nutrition or Dietetics;

19.4.4. Ability to work in an interdisciplinary environment.

#### 19.5. Special abilities:

19.5.1. Ability to recognise and evaluate the vital needs of an individual, group or society and identify opportunities to provide for themselves;

19.5.2. Ability to evaluate people's nutrition and the nutrition status;

19.5.3. Ability to identify patients' nutrition problems and confirm the diagnosis of nutritional disorders;

19.5.4. Ability to prepare a long-term nutrition monitoring plan and menus;

19.5.5. Ability to apply the hazard analysis and critical control point system requirements in the food production chain;

19.5.6. Ability to integrate evidence-based practice in food security with regard to individuals, groups or organisations;

19.5.7. Ability to develop and implement proper nutrition strategies, and promote the choice of safe and quality food;

19.5.8. Ability to adjust a person's nutrition in accordance with the prescribed dietary treatment, estimate the nutritional and energy value of a portion, inspect the production of dietary meals and their quality, as well as control the fulfilment of hygiene requirements by a food handling unit;

19.5.9. Ability to teach and consult persons or social groups on the issues of proper nutrition, enable them to take responsibility for the choice of food according to their health condition;

19.5.10. Ability to implement the process of nutrition supervision, selection of risk patients, monitoring and evaluation of nutrition, identification of needs and goals, planning, carrying out interventions of nutrition supervision and evaluation of results, providing a person with the opportunity to choose and having regard to the person's needs in complex situations related to health, social status or environment;

19.5.11. Ability to cooperate with members of the health care team and professionals of other fields in the area of scientific achievements, the latest food production technologies and nutrition, consult on nutrition and lifestyle related issues, identify and manage ethical dilemmas arising of professional relations;

19.5.12. Ability to manage the nutrition supervision process, develop a plan of nutrition supervision, including diet adjustment and adaptation as well as nutrition maintenance, in order to solve nutrition problems, apply the plan in practice, evaluate efficiency; implement theories and models, conduct the analysis of nutrition and activities.

## **CHAPTER IV TEACHING, LEARNING AND ASSESSMENT**

20. Teaching, learning and assessment activities shall be organised in such a way that students can achieve the intended learning outcomes.

21. The study process should promote a lifelong learning idea, and students should be trained and encouraged to be responsible for their own learning.

22. The content of teaching shall be constantly updated and improved by integrating new knowledge and teaching methods in the study process.

23. The following traditional, active and investigative study methods may be applied in the study process: traditional and interactive lectures, debates, discussion, case study, simulation, practical training journals, role-play, reflection, demonstration of practical skills, preparation and presentation of a report, observation, activity analysis, comparative analysis, project method, brainstorming, mind or concept mapping, analysis of literature, problem-based learning, modelling, information search.

24. A student's achievements may be assessed by means of a cumulative grade. The weight and number of elements of cumulative assessment shall be clearly delineated in the description of each study programme.

25. Subject descriptions shall provide information about the procedure of assessment of the achievement of learning outcomes, the number of assessments and the structure of their arrangement throughout the semester, indicate a relationship between assessment tasks and the subject context and individual tasks.

26. The achieved learning outcomes shall be assessed according to a ten-point criterion-based system in accordance with the procedure established by legislation.

27. In order to ensure a relationship between assessment methods and the assessment object, the following various methods may be applied:

27.1. Knowledge and perception level: tests, concept maps, computerised tasks, presentations;

27.2. Application level: demonstration, role-play, problem solving tasks;

27.3. Analysis level: case studies, graphical methods, projects;

27.4. Synthesis level: model design, review of scientific articles, portfolio method;

27.5. Evaluation level: research work, projects, case studies, presentations, reports.

28. Assessment criteria shall be clear, known in advance, publicly announced and in line with the selected assessment methods.

29. The system of assessment of students' achievements related to the study programme shall be clearly regulated and allow a college of higher education to make certain that graduates have achieved learning outcomes.

## **CHAPTER V**

### **REQUIREMENTS FOR THE IMPLEMENTATION OF STUDY PROGRAMMES**

30. General college subjects of the study programme and the subjects of the study field of Nutrition may be taught by persons who hold at least a Master's degree or an equivalent higher education qualification.

31. More than half of teachers of study programmes of the study field of Nutrition shall have at least three years' practical work experience in the subject they teach.

32. Practical training supervisors shall hold at least a Professional Bachelor's degree and have at least three years' practical work experience.

33. At least 10 per cent of the volume of study field subjects shall be taught by scientists or established artists (with regard to art subjects).

34. Nutrition studies shall be completed by a final thesis (project). With the final thesis (project) a student shall demonstrate the level of knowledge and understanding, the ability to analyse the chosen topic, to evaluate the works previously performed by other individuals in the field (or branch), to describe own practical research work, to clearly and reasonably formulate conclusions and recommendations on the issues of nutrition of healthy and ill persons or social groups.

35. The Final Thesis (Project) Evaluation Commission shall be formed in accordance with the procedure established by a college of higher education. Social partners should constitute at least half of Commission members.

36. General requirements for the facilities and learning resources shall be the following:

36.1. A college of higher education shall have auditoriums, training laboratories and rooms; equipment, study aids and demonstration equipment; methodological and other teaching/learning materials in study rooms, laboratories, libraries, teachers' rooms, and reading rooms. Internet connection, hardware and software shall also be required for studies;

36.2. The premises shall meet hygiene and occupational safety requirements. Libraries and reading rooms shall have enough scientific literature, textbooks, methodological publications, directories and other publications in Lithuanian and English necessary for the implementation of a study programme. Libraries shall be equipped with computers with online access to international databases.

37. Requirements for professional practical training shall be the following:

37.1. Practical training shall be an integral mandatory part of studies, aimed at testing and improving a student's knowledge, abilities and skills in professional practical activities. Practical training of the study field of Nutrition shall be organised with the aim of developing students' organisational abilities of food security, developing students' ability to evaluate catering and individual nutrition, prepare menus, autonomously organise and implement supervision of catering and nutrition;

37.2. Practical training shall be conducted according to the study schedule and organised in accordance with the procedure established by a college of higher education. A teacher who supervises practical training shall provide students with a practical training programme, indicate the learning outcomes of practical training as well as the practical training assessment structure and criteria, and present independent tasks;

37.3. No less than 20 per cent of practical training time shall be allocated to individual and group reflection, evidence-based practice, consultations;

37.4. Practical training shall be organised by creating conditions for empirical learning, combining professional activities, education and personal development;

37.5. The idea of cooperation with social partners shall be realised when organising practical training;

37.5.1. Practical training supervisors in the company, institution or organisation (hereinafter referred to as the "institution") shall be involved in the process of improvement of the content of practical training tasks and organisation of practical training;

37.5.2. A college of higher education shall be responsible for the organisation of training for practical training supervisors in institutions, seeking cooperation quality and integrity of the development of theory and practice of Dietetics or Applied Nutrition;

37.6. A college of higher education shall offer the students a list of possible practical training locations. A student may find a practical training location himself/herself, in agreement with a college of higher education. After selecting the practical training institution, a tripartite agreement shall be concluded between a student, a college of higher education and a practical training institution.

## **CHAPTER VI DESCRIPTOR OF LEVELS OF ACHIEVED LEARNING OUTCOMES**

38. The levels of achieved learning outcomes are used to define graduates' knowledge and abilities which are related to the level of study achievements and potential academic and/or professional career.

39. The following levels of the learning outcomes of graduates shall be distinguished: threshold (minimum requirements), typical (standard, average requirements) and excellent (higher than average requirements).

40. Threshold level:

40.1. Basic understanding of knowledge of Nutrition and the Science of Dietetics;

40.2. Recognition of knowledge to be applied in changing situations, yet lack of understanding how to apply it;

40.3. Ability to conduct research according to presented methodology;

40.4. Ability to explain the management of the nutrition supervision process;

40.5. Ability to evaluate a person's nutrition status;

40.6. Ability to estimate the nutritional (energy) value of a portion, and inspect the production and quality of dietary meals;

40.7. Ability to reflect, gather and systematise information, work in health care and interdisciplinary teams.

41. Typical level:

41.1. Understanding of the study field of Nutrition is good yet limited to programme content. Graduates understand what knowledge may be applied in changing situations. They gain new knowledge with easiness and certainty;

41.2. Ability to substantiate research methodology and apply it for research;

41.3. Ability to demonstrate how to manage the nutrition supervision process;

41.4. Ability to evaluate a person's nutrition and consult individuals or social groups on the issues of proper nutrition;

41.5. Demonstration of (spoken and written) interaction skills in everyday professional activities; ability to work in a team and assume responsibility for professional actions and decisions.

42. Excellent level:

42.1. Understanding of the study field of Nutrition is comprehensive and exceeds information provided by the study programme;

42.2. Knowledge is applied in changing situations in a critical and flexible manner. New knowledge is acquired quickly and with certainty;

42.3. Ability to choose the best research methodology with respect to the research object, to provide a comprehensive and reasoned substantiation of the methodology and apply it for research;

42.4. Ability to autonomously select the nutrition supervision process changes that are most suitable for the specific situation and professionally apply the steps of nutrition supervision process in practice;

42.5. Creative application of special abilities;

42.6. Excellent personal and social abilities which are applied in everyday (professional) activities.

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