



**UNIVERSITA' DEGLI STUDI DI MILANO**  
**PROGRAMME DESCRIPTION - ACADEMIC YEAR 2025/26**  
**BACHELOR**  
**Dietetics (Classe L/SNT3)**  
**Enrolled since Academic Year 2020-21**

### **HEADING**

<b>Degree classification - Denomination and code:</b>	L/SNT3 Health professions for technical assistance
<b>Degree title:</b>	Dottore
<b>Length of course:</b>	3 years
<b>Total number of credits required to complete programme:</b>	180
<b>Years of course currently available:</b>	1st , 2nd , 3rd
<b>Access procedures:</b>	Cap on student, student selection based on entrance test
<b>Course code:</b>	D80

### **PERSONS/ROLES**

#### **Head of Interdepartmental Study Programme**

Prof. Franco Folli

#### **Tutors - Faculty**

Per l'orientamento:

dott. Alfredo Manfredi

per la mobilità internazionale e l'Erasmus:

prof. Franco Folli

Per i piani di studio:

dott. Umberto Mortola

Per stage e tirocini:

Prof.ssa Erna Cecilia Lorenzini

Per laboratori e altre attività:

dott.ssa Francesca Frigè

Per tesi di laurea:

prof.ssa Simona Bertoli

Per i trasferimenti:

dott. Umberto Mortola

Per riconoscimento crediti:

dott. Umberto Mortola

#### **Degree Course website**

<https://dietistica.cdl.unimi.it/it>

#### **Academic Services Office**

Phone 02 50323195

Email: [cldietistica@unimi.it](mailto:cldietistica@unimi.it)

### **CHARACTERISTICS OF DEGREE PROGRAMME**

#### **General and specific learning objectives**

The graduate of the Degree Programme in Dietetics must:

- have a good foundation in biological systems, especially in humans, interpreted at a molecular and cellular level, as well as in terms of integrations into the organism;
- have the cultural and experimental basis for multi-disciplinary techniques on which applied nutritional and dietetic sciences are based;

- be familiar with the methods of experimental science, and statistical-epidemiological enquiries, and be able to apply these to concrete situations with a sufficient understanding of the regulatory nexus and professional-ethics and bioethics implications of the practice;
- be able to play well-defined technical-professional roles in terms of applying dietetic practices in the medical/healthcare field;
- be proficient in at least one European Union language, other than Italian, as required by one's specific job duties, and simple exchanges of information;
- be informed of radiation protection as required under European Union law (Legislative Decree no. 187 of 26 May 2000);
- possess psychological and sociological skills useful for operating in the field of nutritional education and food safety;
- be able to write technical-scientific reports;
- be able to work on a team, whilst being a self-starter with the ability to work independently;
- participate in study, research, and documentation activities in the pursuit of the aforementioned purposes.

### **Professional profile and employment opportunities**

A Dietician is a healthcare worker vested with certain baseline and practical understandings in the field of nutrition / food science and dietetics, one who is able to carry out, within the scope of their expertise, any and all operations aimed at the proper application of eating and nutrition, including educational aspects, and liaising with others to generate food policies in accordance with applicable law.

Specifically:

- organising and coordinating specific activities relating to nutrition in general, and dietetics in particular;
- working with authorities in the food-safety arena;
- generating, formulating, and implementing diets as prescribed by a physician, and make sure the patient finds them acceptable;
- working with other professionals to provide multi-disciplinary treatment of disordered eating;
- studying and generating nutritional guidelines and the food pyramid with respect to the nutritional needs of subsets of the population, and planning nutritional services for communities of well and sick persons;
- providing education, training, and information aimed at disseminating a culture of good nutrition, such that an individual, a community, or a subset of the population might be restored to good health.

Those earning a degree in Dietetics provide professional services in healthcare facilities, and in businesses (whether in the public or private sector) with operations in food, nutrition, or dietetics, as either an employee or independent professional. A basic proficiency in the English language allowing them to work both in Italy, or in Europe (or beyond) is important.

Such professional operations may be conducted as an employee or independent professional. Professional opportunities for graduates of the Dietetics programme may be found in:

- clinical dietetics and nutrition, and hospital pharmacy services, for public or private hospitals;
- dining and canteen services for schools, communities, industries, and other establishments;
- mobile services relating to hygiene, food education, and dietician support in the home, for the regional healthcare system;
- planning and organisation of educational and other programming relating to food and nutrition;
- industries in the food sector.

### **Initial knowledge required**

To be admitted into the degree programme, a candidate must have an Italian secondary-school diploma or similar diploma obtained overseas and deemed equivalent.

Admission into the programme is capped, at a national level, pursuant to Law no. 264 of 2 August 1999.

Those ranking high enough following the admission test must complete their enrolment through the online SIFA interface, and submit their application to the Academic Services Office for Medicine and Surgery, Via Santa Sofia, 9 Milan, by the deadline stated in the call for applications.

Additional learning requirements (OFA)

Students who answered less than 50% of the Biology and Chemistry questions on the admission test will be required to finish a set of additional learning requirements (OFA). These prerequisites may be met through specifically assigned remedial work. Any failure to complete the OFA will make it impossible for the student to sit for the exam in: Biochemistry. Timely notice of the various courses will be posted to: <https://dietistica.cdl.unimi.it/it>

### **Compulsory attendance**

Attendance of all educational activities contemplated in the study plan is mandatory. To be allowed to sit the for-credit exam, students must have attended at least 75% of the educational programming contemplated for each class. Moreover, Laboratory courses must be undertaken and completed within the designated year; students enrolled in subsequent years will not be permitted to register. 100% attendance is required to pre-professional training activities (internships).

### **Internship criteria**

The pre-professional internship takes place through the Clinical Dietology and Nutrition services of those healthcare facilities affiliated with University of Milan departments, and holding accreditation through the Degree Programme, as well as in accredited non-clinical settings focused on community nutrition. These activities are carried out under the supervision of a tutor.

The pre-professional internship is mandatory, and represents one third of the total CFU for the Degree Programme: 60 CFU

over the three years of the programme, with 5 CFU during the first year, 25 CFU during the second year, and 30 CFU during the third year.

### **Degree programme final exams**

Degrees in Dietetics are awarded at the end of three years of study once a student has passed all relevant exams, including the English-language proficiency examination, for a total of 173 CFU, as well as a final theoretical/practical exam worth 7 CFU, for a total of 180 CFU.

The final exam consists in the submission and defence of a written thesis on a topic relating to practical-clinical work completed during the students for-credit pre-professional internship.

The final examination acts as a State Exam which serves to license students to practice the profession.

### **Campus**

Educational activities for the Degree Programme in Dietetics are offered through the teaching facilities located in the Città Studi area, as well as other facilities coordinated by the Faculty of Medicine and Surgery, including a number of teaching hospitals, both public and private, within the national health service, holding academic accreditation. The Departments within the Faculty of Medicine and Surgery, as well as those dietology, feeding, and nutrition services offered through its affiliated network of treatment facilities (both in a clinical and non-clinical setting) offer state-of-the-art scientific and therapeutic equipment, as well as access to professional expertise in the field of nutrition and healthy eating. These facilities are likewise used for clinical training, professional internships, and activities relating to the final exam.

## **EXPERIENCE OF STUDY ABROAD AS PART OF THE TRAINING PROGRAM**

The University of Milan supports international mobility by providing its students with the opportunity to spend study and internship periods abroad. It is a unique chance to enrich your educational path in a new exciting environment.

The agreements entered into by the University with over 300 universities from the 27 EU member countries under the European Erasmus+ programme allow regularly enrolled students to carry out part of their studies at one of the partner universities or to undertake internships at companies, training and research centres and other organisations.

Similar international mobility opportunities are provided outside Europe, through agreements with a number of prestigious institutions.

The University of Milan is a member of the 4EU+ European University Alliance that brings together eight public multidisciplinary universities: University of Milan, Charles University of Prague, Heidelberg University, Paris-Panthéon-Assas University, Sorbonne University of Paris, University of Copenhagen, University of Geneva, and University of Warsaw. The 4EU+ Alliance offers integrated educational pathways and programmes to promote the international mobility of students (physical, blended and virtual).

### **Study and internships abroad**

The Degree Programme in Dietetics has for many years offered its students the chance to study abroad (as part of the ERASMUS programme), with credits transferring into the University of Milan.

During the period of study overseas, the Degree Programme in Dietetics offers students in Years II and III the opportunity to attend classes, complete pre-professional training, or prepare their thesis.

The study programme or thesis to be carried out overseas must be agreed upon with the advisor prior to the student's departure, or through the ERASMUS office within their own Study Programme. It must be detailed in a document called the "Learning Agreement" which must be approved by both the University of Milan and by the host institution.

The university campuses with which we have established a profitable partnership are internationally renowned institutions including the Universidad de Valladolid (Spain), and Instituto Politécnico de Bragança (Portugal).

Up to 60 transfer credits per year are available, 30 for six months and 20 for three months.

In order to transfer their credits, ERASMUS participants must therefore complete the entire academic programme as detailed in their Learning Agreement, and earn at least 70% of the credits contemplated in that document.

The ERASMUS experience can become a very edifying experience within one's university career, not only for purposes of cultural and linguistic exchanges with students from other countries, but also in terms of the possibility of international collaborations that might serve students well in the years to come, and which might open professional doors in Italy and abroad.

### **How to participate in Erasmus mobility programs**

The students of the University of Milan can participate in mobility programmes, through a public selection procedure.

Ad hoc commissions will evaluate:

- Academic career
- the candidate's proposed study programme abroad
- his/her foreign language proficiency
- the reasons behind his/her application

Call for applications and informative meetings

The public selection for Erasmus+ mobility for study generally begins around February each year with the publication of a

call for applications specifying destinations and requirements. Regarding the Erasmus+ Mobility for Traineeship, the University of Milan usually publishes two calls a year enabling students to choose a destination defined by an inter-institutional agreement or to find a traineeship position on their own.

The University organises informative meetings to illustrate mobility opportunities and rules for participation.

#### Erasmus+ scholarship

The European Union grants the winners of the Erasmus+ programme selection a scholarship to contribute to their mobility costs, which may be supplemented by the University funding for disadvantaged students.

#### Language courses

Students who pass the selections for mobility programmes can benefit from intensive foreign language courses offered each year by the University Language Centre (SLAM).

<https://www.unimi.it/en/node/8/>

Learn more at <https://www.unimi.it/en/node/274/>

For assistance, please contact:

International Mobility Office

Via Santa Sofia 9 (second floor)

Tel. 02 503 13501-12589-13495-13502

Contacts: InformaStudenti;

Student Desk booking through InformaStudenti

<b>1st COURSE YEAR Core/compulsory courses/activities common</b>		
<b>Learning activity</b>	<b>Ects</b>	<b>Sector</b>
Basic biological and morphological sciences	6	(1) BIO/17, (3) BIO/16, (2) BIO/13
Biological chemistry	6	BIO/10
Chemistry and Introductory Biochemistry	3	BIO/10
Computer Science Course	3	INF/01
English assessment B1 (2 ECTS)	2	ND
Food chemistry, science, and technology	8	AGR/15
General pathology, immunology and medical genetics	6	(1) MED/03, (5) MED/04
Internship (year 1)	5	MED/49
Microbiology and hygiene	5	(2) MED/07, (3) MED/42
Nutritional physiology	6	BIO/09
Physics informatics and statistics	8	(3) MED/01, (4) FIS/07, (1) INF/01
	Total compulsory credits	58
<b>2nd COURSE YEAR Core/compulsory courses/activities common</b>		
<b>Learning activity</b>	<b>Ects</b>	<b>Sector</b>
Community nutrition	4	MED/49
Internship (year 2)	25	MED/49
Maternal and child medicine	5	(1) MED/39, (2) MED/38, (1) MED/49, (1) MED/40
Medical science specialties 1	5	(2) MED/49, (1) MED/11, (2) MED/09
Pharmacology, Clinical biochemistry and Diagnostic imaging	6	(3) BIO/14, (1) MED/36, (2) BIO/12
Principles of dietetics and assessment of nutritional status	8	MED/49
Psychopedagogy science	4	(1) M-PSI/01, (1) M-PED/01, (2) M-PSI/08
	Total compulsory credits	57
<b>Elective courses</b>		
<b>3rd COURSE YEAR Core/compulsory courses/activities common</b>		
<b>Learning activity</b>	<b>Ects</b>	<b>Sector</b>
Forensic medicine and ethical principles	1	NA
Health and food legislation	1	NA
Internship (year 3)	30	MED/49
Medical science specialties 2	4	(1) MED/13, (1) MED/28, (1) MED/26, (1) MED/25
Medical science specialties 3	4	(2) MED/49, (1)

		MED/18, (1) MED/06
Medical science specialties 4	4	(1) MED/12, (1) MED/14, (2) MED/49
Methods and teachings of motor skills activity	1	NA
Professional laboratory of applied food technology	3	NA
Statistics for research and economics	4	(2) SECS-S/02, (2) SECS-P/06
	Total compulsory credits	52
<b><i>Elective courses</i></b>		
<b><i>End of course requirements</i></b>		
Final test	7	NA
	Total compulsory credits	7