

Mestrado Erasmus Mundus • Lisboa

# HYGIEIA - HEALTH AND WELLBEING ACROSS THE LIFESPAN



## Direção

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## Secretariado

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## Duração

2 Anos

## Créditos

120 ects

## Apresentação

HYGIEIA is a 2-year English-taught program that involves the Lusófona University (Lisbon), University Belgrade (Serbia), and the University of Balearic Islands (Spain), as well as stakeholders from academia, industry, medical societies, and healthcare providers. The academic program results from a common vision among partners that allowed us to create one single joint curriculum. Hailing from Greek mythology, Hygieia embodied the virtues of cleanliness, sanitation and health, adored by her power to prevent rather than cure sickness. This mythological figure seems to have a particular relevance in the current world, where integrated preventive strategies throughout the lifespan are in need to achieve Health and wellbeing of the populations.

# PLANO DE ESTUDOS

## 1º Ano / Tronco comum

1º Semestre	ects	2º Semestre	ects
Digital Tools and Healthy Living	5	Food and Sustainability	3
Entrepreneurship and Sustainability	5	Lifestyle and Health	6
Option I	3	Methods and techniques in Health and Wellbeing Research	3
Public health and health promotion	6	Nutrition and Feeding in Physical Activity and Sports	3
Regulatory framework of Non-drug Products	5	Nutrition Throughout the Lifespan	6
Toxicology and the exposome	6	Option II	3
		Physical Activity across the Lifespan	6

## 2º Ano / Tronco comum

1º Semestre	ects	2º Semestre	ects
Communication and Health Literacy	3	Dissertation/Master Thesis	30
Evidence based use of dietary products and cosmetics in health and wellness	5		
Formulation, production, and testing of cosmetic products	5		
Formulation, production, and testing of food supplements	5		
Health economics and quality of life	4		
Option III	3		
Starting materials for non-drug products: environmental impact	5		

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para o teu futuro



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