

Scheme of Studies

Master of Science in Human Nutrition and Dietetics

(MS-HND)



**DEPARTMENT OF FOOD, NUTRITION AND
AGRICULTURAL SCIENCES**

GRAND ASIAN UNIVERSITY, SIALKOT

Mission Statement

The Grand Asian University, Sialkot, is committed to a holistic and integrated approach in education. Character building, intellectual and academic development, for us, is equally important. We want to build total human personality of our youth with concern for the welfare of humanity. A value based education alone, in our view can produce a generation of dynamic, committed and progressive, leaders and builders of the Ummah.

Human Nutrition and Dietetics degree program provides an overview of basic information necessary for the student to make valid decisions in nutrition to maintain wellness, prevent disease, and support diet therapy as an adjunct of medical and or surgical treatment. The student has the opportunity to apply the concepts of this course throughout the clinical portion of the program. Main focus of the program is to determine the impact of research evidence in relation to the management of nutritional disorders and how this may impact on treatment prescription in the individual case. The program includes clinical placements where students will have the opportunity to study clinical care nutrition under the supervision of Dietitians. Moreover, the acquired knowledge will be applied on community level to make decisions and interventions regarding present nutritional status of general population. The Nutrition Department strive to provide the highest quality educational experiences, incorporating cutting edge research information with the fundamental knowledge and skills needed by nutrition professionals of the future. The curriculum supports attainment of the Student Educational Objectives (Develop effective communication skills, develop higher cognitive skills, cultivate the virtues, develop focus and depth in one or more disciplines, develop leadership skills, develop a global perspective, prepare for lifelong learning). The nutrition curriculum prepares students to be leaders in the next generation of nutrition scientists, public health and clinical nutrition practitioners. The program promotes academic growth, lifelong learning skills, and mastery of core knowledge in nutrition and life sciences.

Rationale:

Nutrition is a course designed to provide students with knowledge of the principles governing healthy dietary patterns and the relationships between dietary practices and various disease states. An understanding of nutrition is an integral component in the art and science of nursing compromised patients and assisting people to achieve their highest level of wellness.

Objectives:

The aim of the MS in Human Nutrition and Dietetics is to equip the students with relevant professional knowledge, skills, techniques and ethical values to enable them to apply their acquired expertise at level between the doctors and the patient for efficient health service delivery.

Program Learning Outcomes:

At the end of degree program, students will be able to:

1. Demonstrate critical thinking skills and analytical abilities to identify and solve problems in the nutritional sciences.

2. Assess nutritional status of individuals in various life-cycle stages and determine nutrition-related conditions and diseases by applying knowledge of metabolism and nutrient functions, food sources, and physiologic systems.
3. Critique and effectively communicate nutrition information.
4. Describe social, multiethnic, and environmental dimensions within nutrition and the life sciences.
5. Discuss the social and culturally implications of food for all individuals, and the role of food in mental health.
6. Describe the special nutritional needs related to various phases of the life span.
7. Apply the information obtained in this class by planning nutritionally adequate menus of therapeutic value in disease and in current lifestyles.
8. State the importance of continuous professional growth and continuing education and opportunities to attain such.

Detail Description of the Program:

Program: Master of Science in Human Nutrition and Dietetics

Duration: Two years, 38 Credit Hours

Level: Postgraduate

Eligibility: Students seeking admission to MS in Human Nutrition & Dietetics must possess minimum CGPA 2.0 out of 4.0 and 50% in annual system in any of the following

- I. B.Sc. (Hons.) Human Nutrition and Dietetics
- II. B.Sc. (Hons.) Human Nutrition
- III. B.S. (Hons.) Nutrition and Dietetics
- V. B.Sc. (Hons.) Food Sciences and Human Nutrition
- VI. Doctor of Nutrition and Dietetics
- VII. B.S/ B.Sc. (Hons.) Home Economics (Food and Nutrition)
- VIII. B.Sc. (Hons.) Nutrition

2. NTS test / GAT-GENERAL/ University Test/ subject test (minimum 60% marks)

Selection Criteria: Academic Qualification 60% & Test/Interview 40%

Course: Semester Based (4-Semesters) duration (18-weeks each)

Credit Hours: 32- Credit Hours

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Semester 1

Course Code	Course Title	Credit Hours
HND-701	Biochemistry and Physiology of Human Nutrition	3(2-1)
HND-702	Prevention and Management of Nutritional Disorder	3(2-1)
HND-703	Critical Care Nutrition	3(2-1)
HND-704	Recent Advances in Dietetics	3(3-0)
UHQ-701	Understanding of Holy Quran-1	1(0-1)
	Total	13

Semester 2

Course Code	Course Title	Credit Hours
HND-705	Nutrition and Metabolism	3(3-0)
HND-706	Laboratory Techniques in Nutrition	3(0-3)
HND-707	Nutritional Aspects of Eating Disorders	3(3-0)
HND-708	Advanced Biostatistics and Research Methodologies	3(2-1)
UHQ-702	Understanding Holy Quran-1	1(0-1)
	Total	13

Semester 3& 4

Course code	Course Title	Credit Hours
HND-712	Research Thesis/Project	6(0-6)

Total Credit Hours

32

