

5.8 NUTRITION

Introduction

The Nutrition programme offers a 4-year (8 semesters) full time course leading to a Bachelor Degree in Health Science (Nutrition). The offering of the programme is to cater the needs of nutritionists in Malaysia.

The purpose of the programme is to deliver knowledge in the human nutrition. It focuses towards community nutrition as well as new emerging nutrition area in Malaysia. It provides an academic platform, able to produce versatile graduates and fulfil the needs of future job market. The programme applies multidisciplinary approaches, and is taught by experts from basic sciences, food science and dietetics, medical, social science and community services.

Students will be taught of every aspect of food, dietary and nutrient requirement, evaluation of nutritional status and issues of lifelong nutrition cycle. Students will also learn the problems of nutrition in a community and methods in overcoming these problems. The research component will also be covered and students are required to conduct a research project in the final year. Teaching is conducted via lectures, seminar, practical, problem-based learning and self-directed learning.

List of Core Courses of the Nutrition Programme

No.	Course Code	Title of Core Courses in the Nutrition Programme	Unit
1.	GTU101/3	Structure and Function of Humans I	3
2.	GTU103/3	Fundamental of Health Informatics	3
3.	GTU104/3	Structure and Function of Humans II	3
4.	GTU105/3	Psychology and Behavioural Science	3
5.	GTU202/3	Health and Society	3
6.	GTU301/3	Ethics and Law for the Health Professionals	3
7.	GTU302/3	Biostatistics	3
8.	GTU304/3	Research Methodology	3
9.	GTB225/3	Epidemiology	3
10.	GTN102/4	Food Science	4
11.	GTN202/3	Principle of Food Preparation	3
12.	GTN208/3	Nutrition Biochemistry	3
13.	GTN213/4	Principle of Nutrition	4
14.	GTN214/4	Nutrition in a Life Cycle	4
15.	GTN215/3	Nutrition for Health and Fitness	3
16.	GTN216/4	Food Analysis	4
17.	GTN217/4	Assessment of Nutritional Status	4
18.	GTN309/3	Nutrition and Diseases	3
19.	GTN311/3	Food Service Management	3

No.	Course Code	Title of Core Courses in the Nutrition Programme	Unit
20.	GTN315/4	Community Nutrition and Dietetics Services Practicum	4
21.	GTN316/3	Food and Nutrition Toxicology	3
22.	GTN317/4	Food Microbiology	4
23.	GTN318/3	Nutrition Anthropology	3
24.	GTN405/3	Current Issues in Nutrition	3
25.	GTN407/3	Nutrition and Dietetic Seminars	3
26.	GTN408/4	Food Services and Industry Practicum	4
27.	GTN409/12	Research Project in Nutrition	12
28.	GTD212/3	Dietetic Skills and Communication	3
29.	GTD311/3	Principles of Medical Nutrition Therapy I	3
30.	GTD323/3	Principles in Medical Nutrition Therapy II	3
Total Unit for Core Courses			107

Programme Learning Outcome

At the end of the programme, the graduates will be able to:

- PO1 : Apply comprehensive theoretical knowledge in the field of nutrition to solve nutrition issues and challenges in the related field.
- PO2 : Demonstrate technical skills in analyzing, applying and solving nutritional problems in community and uptake intervention and research.
- PO3 : Apply critical and scientific skills in promoting nutritional intervention and produce educational tools and guideline in nutritional field.
- PO4 : Apply communication skills in presenting results of analysis to stakeholder.
- PO5 : Work in groups as healthcare professionals and sensitivite towards community during routine work.
- PO6 : Demonstrate ethical and profesional values in nutritional field and abide by safety rules.
- PO7 : Demonstrate ability using communicational and knowledge management for lifelong career development.
- PO8 : Display interpreneurship skills to cultivate innovation and creativity as well as good management practice in decision making and planning.
- PO9 : Demonstrate and apply leadership skills during community projects in promoting nutritional knowledge for healthcare purposes.

Recommended Registration Guidelines for the Core Courses of the Nutrition Programme

Code	Core Courses	Unit	Code	Core Course	Unit
Year 1 Semester 1			Year 1 Semester II		
GTU101/3	Structure and Function of Humans I	3	GTU103/3	Fundamentals of Health Informatics	3
GTU105/3	Psychology and Behavioural Science	3	GTU104/3	Structure and Function of Humans II	3
GTN102/4	Food Science	4	GTU202/3	Health and Society	3
			GTB225/3	Epidemiology	3
			GTN213/4	Principles of Nutrition	4
		10			16

Code	Core Courses	Unit	Code	Core Course	Unit
Year 2 Semester 1			Year 2 Semester II		
GTN202/3	Principles of Food Preparation	3	GTU301/3	Ethics and Law for the Health Professionals	3
GTN208/3	Nutrition Biochemistry	3	GTN216/4	Food Analysis	4
GTN214/4	Nutrition in a Life Cycle	4	GTN217/4	Assessment of Nutritional Status	4
GTN215/3	Nutrition for Health and Fitness	3	GTD212/3	Dietetic Skills and Communication	3
		13			14

Recommended Registration Guidelines for the Core Courses of the Nutrition Programme

Code	Core Courses	Unit	Code	Core Course	Unit
Year 3 Semester 1			Year 3 Semester II		
GTU302/3	Biostatistics	3	GTU304/3	Research Methodology	3
GTN309/3	Nutrition and Diseases	3	GTN311/3	Food Service Management	3
GTN315/4	Community Nutrition and Dietetics Services Practicum	4	GTN317/4	Food Microbiology	4
GTN316/3	Food and Nutrition Toxicology	3	GTN318/3	Nutrition Anthropology	3
GTD311/3	Principles of Medical Nutrition Therapy I	3	GTD323/3	Principles of Medical Nutrition Therapy II	3
16			16		

Code	Core Courses	Unit	Code	Core Courses	Unit
Year 4 Semester 1			Year 4 Semester II		
GTN408/4	Food Services and Industry Practicum	4	GTN405/3	Current Issues in Nutrition	3
GTN409/12	Research Project in Nutrition	(6)	GTN407/3	Nutrition and Dietetic Seminar	3
			GTN409/12	Research Project in Nutrition	(6)
10			12		