MASTERS OF FOOD, NUTRITION AND DIETETICS

COURSE DESCRIPTIONS

HFN 500: Advanced Human Nutrition

HFN 501: Advanced Nutritional Epidemiology

HFN 502N: Research Methods

HFN 503: Applied Statistics
Descriptive and inferential statistics to include parametric and non-parametric statistics and their uses in data analysis and hypothesis testing. Graphic presentation of data. Multi-variate analysis. Statistical packages in nutrition.

HFN 504N: Nutrition Assessments
Overview of basic concepts, common malnutrition problems, vulnerable groups to malnutrition, determinants of nutritional status, methods for the assessment of nutritional status, common indices of nutritional status. Comparison of anthropometric data to reference standards. Analysis of nutrition data. Use of EPI INFO and ANTHRO packages to analyze and interpret nutrition data. Mini Field work for one week.

HFN 505: Nutrition and Food Security
Food and nutrition problems, policies both at national and international levels, as they affect household and community food security. Determinants of food security gender and food security coping strategies. Economic environment in relation to food availability and natural disasters and proposed strategies of interventions. Food habits as they affect nutritional status. Food processing, preservation and storage to ensure food availability. Toxicant and additives in the food chain. Livelihoods issues in food security. Water and sanitation.

HFN 506N: Advanced Nutritional Biochemistry
between nutrients, hormones and various enzymes. Biochemical methods of nutritional assessment.

HFN 507N: Seminars in Foods, Nutrition and Dietetics
Examination and critical analysis of current issues in foods and nutrition. Extensive library search and review of literature on selected topical issues in foods and nutrition. Use of internet in research. Seminar presentations on findings of the library search or independent project. Critiquing of articles. Developing a project paper for examination. Presentation techniques, actual presentation.

HFN 508N: Programme Design, Monitoring and Evaluation
Project and programme life cycle, Programme design methods Qualitative and quantitative methods in problem identification and analysis, programme implementation, monitoring and evaluation. Targeting programme beneficiaries, importance of community/industry participation. Constraints to programme design and implementation. Programme evaluation techniques. Design or evaluate a project/programme.

HFN 509: Food Microbiology and Biotechnology

HFN 510N: Community Nutrition Surveillance and Interventions
Types of nutrition surveillance and their importance. Concept of early warning system techniques inter-sectoral Collaboration with Governmental and NGOs in early warning systems. Evaluation of nutritional surveillance programs. An overview of the existing nutritional problems, their causes, consequences and interventions. Community problem diagnosis approaches including rapid assessment procedures (RAP), the planning of interventions (top-up versus bottom-up approaches) and intervention selection criteria.

HFN 511: Advanced Therapeutic Nutrition
Path physiology of specific disease states with special attention to nutritional management as part of the therapy. Nutrition and cancer nutrition and diabetes mellitus, nutrition and HIV/AIDS, nutrition and kidney disorders, nutrition and liver disorders, nutrition and weight management nutrition and fevers (Tuberculosis, typhoid), Nutrition and Cardiovascular disorders. Drug-nutrient interrelations and incompatibilities.

HFN 512: Advanced Nutrition in Exercise and Sports

HFN 513N: Advanced Ergogenic Aids in Sports Performance
Key concepts on ergogenic aids, muscle biochemistry and systems physiology in functioning of ergogenic aids, their effect on human performance, side effects, legality, critical review of current literature on ergogenic aids, consensus statements of the International Olympic
Committee (IOC) and position stand of the American College of Sports Medicine (ACSM) on the use of alcohol and ergogenic aids for improving performance.

**HFN 514: Advanced Maternal and Child Nutrition**

**HFN 515N: Nutrition in Emergencies**

**HFN 516: Advanced Nutrition in Anthropology**
Social and cultural aspects of food production and utilization by population groups. Relationship between basic social-cultural factors, dietary customs and habits; changing roles and practices of traditional institutions on food utilization of different population groups, with emphasis on effects of urbanization, technology, health education and lifestyle. Development of social-cultural surveys for problem identification. Case studies.

**HFN 517: Nutrition and HIV and AIDS**

**HFN 600: Thesis** *(Equivalent of 8 units)*
A thesis of original research should be presented at the end of the programme.