POST GRADUATE DIPLOMA IN NUTRITION

COURSE DESCRIPTION

HFN 700: Nutrition in the Lifespan
Nutritional requirements through the Lifecycle Pre-conception, pregnancy, nutrition, nutrition during lactation, infant nutrition, nutrition of under-fives and the school age child nutrition during adolescence, adulthood and nutrition of the elderly. Emphasis on special nutrient requirements, meeting nutrient needs and the challenges faced in meeting the needs in resource-poor settings.

HFN 701: Principles of Human Nutrition

HFN 702: Nutritional Epidemiology

HFN 703: Nutrition Assessment and Surveillance
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 anthropometrics data to reference standards. Analysis of nutrition data. Overview of nutrition interventions and their importance. Concept of early warning system. Mini Field work

HFN 704: Maternal and Child Nutrition

HFN 705: Therapeutic Nutrition
Path physiology of specific disease states with special attention to nutritional management as part of the therapy. Nutrition in Gastro Intestinal Tract, cancers, diabetes mellitus, renal disorders, liver disorders, weight management, febrile conditions (acute & chronic), cardiovascular disorders, stress and trauma, pre-and post-operative nutrition. Drug-nutrient interrelations. Food and nutrient supplements.

HFN 706: Project in Foods, Nutrition and Dietetics
Proposal development in a selected topic in the areas of food, nutrition and dietetics. Data collection on the proposed topic, report writing and presentation. (Two semesters) A nutrition project to be presented at the end of the programme.

**HFN 707: Clinical Dietetics**

**HFN 708: Nutritional Biochemistry**

**HFN 709: Nutrition and Food Security and Policies**
Food and nutrition problems and policies at national and international levels, as they affect household and community food security. Economic environment in relation to food availability and natural disasters and proposed strategies of interventions. Food habits as they affect nutritional status. Toxicant and additives in the food chain. Food and Nutrition policies.

**HFN 710 Programme Design, Monitoring and Evaluation in Nutrition**
Project and Programme design methods and concepts programme life cycle. Targeting programme beneficiaries and importance of community participation. Constraints to programme design and implementation. Programme evaluation techniques. Design or evaluate a project/programme.

**HFN 711: Statistics and Research Methods**
Statistics and research methods concepts, levels of measurements, descriptive and inferential statistics. Probability and normal distributions. Types of research, qualitative and quantitative approaches to research, review of literature, research proposal and report writing process, data analysis, presentation and interpretation.

**HFN 712: Nutrition 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.

**HFN 713: Nutrition and HIV/AIDS**
effects and implications for HIV and AIDS in different physiological states. Nutrition in maintenance of the immune system.

**HFN 714: Nutrition in Emergencies**

**HFN 715: Food Processing, Preservation, Storage and Legislation**

**HFN 716: Food Microbiology**