



Syllabus

for course at first level

Clinical Nutrition and Nutritional Assessment
Klinisk nutrition och nutritionsstatus

**15.0 Higher Education
Credits**
15.0 ECTS credits

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| Course code: | NU3010 |
| Valid from: | Autumn 2014 |
| Date of approval: | 2008-09-01 |
| Changed: | 2014-03-10 |
| Department | Department of Biosciences and Nutrition |
| Main field: | Nutrition |
| Specialisation: | GXX - First cycle, in-depth level of the course cannot be classified |

Decision

This syllabus has been approved by the Board of the Faculty of Science at Stockholm University 2008-09-01 and revised 2014-03-10.

Prerequisites and special admittance requirements

To be qualified for applying to this course you must have completed at least 60 hp in natural science, including at least 30 hp chemistry (of which at least 7.5 hp biochemistry), Human physiology 15 hp and Human Nutrition 15 hp.

Course structure

| Examination code | Name | Higher Education Credits |
|------------------|------------------------|--------------------------|
| MOM1 | Nutritional Assessment | 5 |
| MOM2 | Clinical Nutrition | 10 |

Course content

The course consists of two elements: 1. Nutritional Assessment, 5 hp/ECTS. This element comprises body composition, anthropometric assessment methods, and biochemical and clinical analyses. It also covers dietary assessment methodology, in theory and practice. Also ethical aspects on clinical research is discussed. 2. Clinical Nutrition, 10 hp/ECTS. This second element covers different diseases for which diet and special nutrient therapy is considered to be important. This is cardiovascular disease, obesity, diabetes, gastrointestinal disease, food intolerance and allergy, kidney disease, cancer, osteoporosis, rheumatoid arthritis, some metabolic diseases, and different types of eating disorders. The issue of diet and drug interactions will also be addressed. Central concepts such as nutrient needs in states of disease, malnutrition, and also choice of appropriate form of nutrition will be discussed during the course.

Learning outcomes

It is expected that the student after taking the course will be able to:

- suggest and discuss methods for assessing body composition and nutrient status in individuals as well as in groups.
- understand physiological causes to and clinical symptoms for those diseases for which diet and nutritional therapy is considered to be important.
- give explanation for the types of specific nutritional treatments that are recommended for the disease in question.

- search, critically review and collect scientific material within the area of clinical nutrition.
- communicate scientific information within the area of clinical nutrition to different groups.
- explain what is meant by good research and be able to discuss the balance between the subjects' and researchers' interests.

Education

The education consists of lectures, group education, presentations, submitted work and study visits. Participation in the seminars, presentations, group education and study visits is compulsory. An examiner may rule that a student is not obliged to participate in certain compulsory education if there are special grounds for this after consultation with the relevant teacher.

Forms of examination

- Examination for the course is in the following manner: measurement of knowledge takes place through written examination, written and oral presentations of seminar work, and submitted work.
- Grading is carried out according to a 7-point scale related to learning objectives:
 - A = Excellent
 - B = Very Good
 - C = Good
 - D = Satisfactory
 - E = Sufficient
 - Fx = Fail
 - F = Fail
- Grading criteria for the course will be distributed at the start of the course.
- A minimum grade of E is required to pass the course, together with approved approved written and oral presentations and completion of all other compulsory education.
- Students who fail to achieve a pass grade in an ordinary examination have the right to take at least further four examinations, as long as the course is given. The term "examination" here is used to denote also other compulsory elements of the course. Students who have achieved a pass grade on an examination may not retake this examination in order to attempt to achieve a higher grade. Students who have failed to reach a pass grade on two occasions have the right to request that a different teacher be appointed to set the grade of the course. A request for such appointment must be sent to the departmental board.
- Ability to supplement Fx up to a passing grade is not given in this course.

Interim

Students may request that the examination is carried out in accordance with this syllabus even after it has ceased to apply. This right is limited, however, to a maximum of three occasions during a two-year-period after the end of giving the course. A request for such examination must be sent to the departmental board.

Limitations

The course may not be included in a degree together with the courses Clinical Nutrition 6p, which was included in Clinical Nutrition Basic Course 40p (NÄ1030), Clinical Nutrition 7.5 hp/ECTS (NU3004), or the equivalent.

Misc

The course is included in the Bachelor's Programme of Nutrition but can also be taken as an independent course.

Required reading

Course literature is decided by the departmental board and is described in an appendix to the syllabus.