

# Education plan

for

**Master's Programme in Nutrition**  
**Masterprogram i nutrition**

**120.0 Higher Education**  
**Credits**  
**120.0 ECTS credits**

<b>Programme code:</b>	NNTRO
<b>Valid from:</b>	Spring 2013
<b>Date of approval:</b>	2009-09-16
<b>Changed:</b>	2012-10-08
<b>Department:</b>	Department of Biosciences and Nutrition

## Decision

This syllabus has been approved by the Board of the Faculty of Science at Stockholm University 2009-09-16, and was revised 2011-10-10 and 2012-10-08.

## Prerequisites and special admittance requirements

To be qualified for applying to the programme you must have completed a Bachelors' degree in the field of nutrition or related topics. In addition, Swedish upper secondary school course English B or equivalent.

## Programme structure

The first year of the programme consists of a block of obligatory courses in the main area (nutrition). The second year of the programme consists of a Degree project comprising 30, 45 or 60 hp/ECTS. In the second year, the student can include up to 30 hp/ECTS as elective courses.

## Goals

The purpose of the programme is that after completing the education, the student has developed advanced skills in scientific activities in the area of nutrition and related areas, nationally as well as internationally. Examples of activities include research, teaching and information, public health work, administrative work such as official handling of matters at authorities and institutes, and laboratory work such as developing products or analytical methods for companies or institutions and in collaboration with other experts in other areas. The programme also gives a good basis for education on doctoral level in the subject.

The main subject of the programme is nutrition. During the education, the subject is studied from molecular and physiological as well as epidemiological and public health aspects. To apply and evaluate methods in modern nutrition research is a central part of the education. The programme also includes training in communication, written and oral, with colleges, media and the public. Research ethics and philosophy of science is also addressed and aims to further increase the student's skills in communicating and discussing nutrition science with different groups. The programme offers the student to study public health nutrition in depth, or to choose other elective in any topics, within or outside nutrition. It is expected that the student after completing the programme will be able to:

- demonstrate knowledge and understanding in the main area of human nutrition, including a broad knowledge in the area as well as considerable in-depth knowledge in some parts of the area and deep insight into current research and development work.
- demonstrate profound methodological knowledge within the area of nutrition

- demonstrate skills in critically and systematically integrating knowledge related to nutrition and in analysing, judging, and handling complex occurrences, questions at issue and situations within the area of nutrition also with limited information.
- demonstrate skills in critically, independently and creatively identifying and formulating problems related to nutrition, in planning and with adequate methods undertaking qualified tasks within given time frames and thereby contributing to the knowledge development and in evaluating this work.
- demonstrate skills in the area of nutrition in national as well as international contexts, orally and in written form clearly describing and discussing your conclusions and the knowledge and arguments behind these in dialog with different groups.
- demonstrate such skills that are needed for taking part in nutrition related research and developmental work or independently undertaking other qualified work.
- demonstrate skills within the main area for the education in making judgements taking relevant scientific, societal and ethical aspects into consideration and show awareness of ethical aspects of research and developmental work.
- demonstrate insight into the possibilities and limitations of nutrition science, its role in the society and the responsibility of humans in how it is used.
- demonstrate skills in identifying your need for further knowledge and taking responsibility for your knowledge development in the area of nutrition.

## **Courses**

### Term 1

Science Communication and Learning for Nutritionists, 7.5 hp/ECTS (NU8009)\*

Diet, Physical Activity, and Fitness: Applied Methodology and Health Aspects, 7.5 hp/ECTS (NU8021)\*

Molecular Nutrition II, 15 hp/ECTS (NU8020)\*

### Term 2

Applied Public Health Nutrition and Project Planning, 15 hp/ECTS (NU8022)

Environment and Nutrition from an Individual to a Global Perspective, 7.5 hp/ECTS (NU8015)\*

Popular Science Communication, Research Ethics and Philosophy of Science for Nutritionists, 7.5 hp/ECTS (NU8012)\*

### Term 3-4

Degree Project in Nutrition, 30 hp, 45 hp or 60 hp \*,\*\*

Elective courses, 0-30 hp. These can be any courses.

\* Courses in the main subject nutrition.

\*\* To start the Degree Project you must have completed all courses in term 1 and 2.

## **Degree**

Master's degree

## **Misc**

Students who are admitted to the programme and have not completed it within the planned two years may request to complete the programme in accordance with this syllabus even after it has ceased to apply. In this case the limitations according to each course plan for the courses included in the programme apply. The programme is given by the Department of Biosciences and nutrition at Karolinska Institutet.