



# Education plan

for

**Bachelor's Programme in Nutrition.  
Kandidatprogram i nutrition**

**180.0 Higher Education  
Credits  
180.0 ECTS credits**

<b>Programme code:</b>	NNUTK
<b>Valid from:</b>	Autumn 2015
<b>Date of approval:</b>	2006-10-18
<b>Changed:</b>	2015-08-21
<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, and was revised 2011-05-16, 2012-10-08, 2014-05-19 and 2015-08-21.

## Prerequisites and special admittance requirements

Swedish upper secondary school courses Mathematics D, Physics B, Chemistry B and Biology B, or equivalent.

## Programme structure

The programme consists of one cohesive course block of 180 hp/ECTS. The first year includes basic chemistry, biochemistry, food chemistry and food science, and also an introduction to the anatomy of the body and factors that affect its health and disease. The second year starts with one term of cell- and molecular biology. The three following terms comprise courses with successive in-depth studies in the area of nutrition and is completed by an individual degree project of 15 hp/ECTS.

## Goals

The purpose of the programme is that the student after taking the course should have developed skills in working scientifically in a wide range of areas related to nutrition. This can for example be information, diet and health education, teaching, practical laboratory work, and product development in food or drug industry. The programme also constitutes a basis for further studies and research in the area and gives the qualifications needed for the Master's programme in nutrition at Stockholm University. The main subject of the programme is nutrition. During the education, the subject will be addressed from molecular, medical as well as public health aspects. This requires basic knowledge in chemistry and cell- and molecular biology. These courses are given in the first part of the programme. The goal of the programme is that the student after taking the education will be able to

- demonstrate knowledge and understanding in the main area of human nutrition, including knowledge in the scientific basis of the subject, knowledge in applicable methods in the area, in-depth knowledge in one area of the subject, and also orientation in current research areas.
- demonstrate knowledge and understanding in related topics such as chemistry, cell- and molecular biology, human physiology, toxicology, epidemiology, statistics, and public health science.
- demonstrate skills in searching, collecting, judging, and critically interpreting information related to nutrition in a context of a problem, and also critically discuss occurrences, research questions and situations within the area of nutrition.
- demonstrate skills in independently identifying, formulating, and solving problems in the area of nutrition,

and also in undertaking tasks within given time frames.

- demonstrate skills in orally and in written form explaining and discussing information, problems and solutions related to nutrition with different groups.
- demonstrate such skills that are needed for independently working in the area that the education aims at.
- demonstrate skills in making judgements in the main area of the education with regard to relevant scientific, societal, and ethical aspects.
- demonstrate insight into the role of nutrition knowledge in the society and peoples' responsibility for how it is used.
- demonstrate skills in identifying your need for further knowledge and taking responsibility for developing your competence in the nutrition area.

## **Courses**

Term 1:

Basic chemistry 1 - inorganic and physical chemistry, FL, 15 hp/ECTS(KZ2010)

Basic chemistry 2 - organic and biochemistry, FL, 15 hp/ECTS (KZ2011)

Term 2:

Organic chemistry, FL, 7.5 hp/ECTS (KO3003), or Analytical chemistry I, FL, 7.5 hp/ECTS (KA5003)

Biochemistry I, FL, 7,5 hp/ECTS (KB4002)

Food Chemistry and Food Science, FL, 7.5 hp/ECTS (NU3002)\*

The Human Body, Health and Disease, FL, 7.5 hp/ECTS (NU3001)\*

Term 3:

Cell- and molecular biology, FL, 27 hp/ECTS (BL3008)

Biological statistics, FL, 3 hp/ECTS (BL3006)

Term 4:

Human Physiology and Energy Metabolism, FL, 15 hp/ECTS (NU3003)\*

Human Nutrition, FL, 15 hp/ECTS (NU3008)\*

Term 5:

Nutritional Epidemiology, FL, 7.5 hp/ECTS (NU3012)\*

Clinical Nutrition and Nutritional Status, FL, 15 hp/ECTS (NU3010)\*

Public Health Nutrition, FL, 7.5 hp/ECTS (NU3013)\*

Term 6:

Nutritional Toxicology, FL, 7.5 hp/ECTS (NU3007)\*

Molecular Nutrition I, FL, 7.5 hp/ECTS (NU3009)\*

Degree project, FL, 15 hp/ECTS (NU6003)\*

All courses in the programme are compulsory.

\* Courses in the main area nutrition

Abbreviations:

hp = högskolepoäng; 1 hp = 1 ECTS credit

FL = First level

## **Degree**

Bachelor's degree

## **Misc**

Students that are admitted to the programme and who have not completed it within the three planned years of studies, 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 syllabus for the courses included in the education apply.

The education is given in collaboration with the Chemistry Section (KÖL) and the Department of Biology Education (BIG) at Stockholm University.