

Syllabus

for course at first level

**Human Nutrition
Näringsfysiologi**

**15.0 Higher Education
Credits
15.0 ECTS credits**

Course code:	NU3008
Valid from:	Spring 2009
Date of approval:	2007-08-28
Department	Department of Biosciences and Nutrition
Subject	Nutrition
Specialisation:	G1N - First cycle, has only upper-secondary level entry requirements

Decision

This syllabus has been approved by the Board of the Faculty of Science at Stockholm University 2007-08-28.

Prerequisites and special admittance requirements

To be qualified for applying to this course you must have completed at least 30 hp in chemistry (including at least 7.5 hp biochemistry), 15 hp cell- and molecular biology and 15 hp human physiology.

Course structure

Examination code	Name	Higher Education Credits
N001	Human nutrition	15

Course content

The course covers basic theory in human nutrition, including molecular aspects of the functions of nutrients, and also practical applications of this knowledge. Areas that are discussed during the course include energy-providing (protein, carbohydrates, lipids) and non-energy-providing (vitamins, minerals, trace elements) nutrients, the properties, function, regulation and metabolism of the nutrients, need and deficiency states, and also their occurrence in the diet. The applied part includes nutrient and dietary recommendations for different groups (children, teenagers, pregnancy, lactating, elderly, athletes). Diet planning for different groups. The course also includes training in following the knowledge development in the area and also to communicate science of human nutrition to people who are not experts in the field. This knowledge is useful for work related to health education, public health work, and teaching. The course also gives a basis for continued studies and research in areas related to diet.

Learning outcomes

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

- understand and critically discuss the role of energy-providing and non-energy-providing nutrients for the physiology of the human body and its maintenance of health.
- plan and calculate the nutrient content of diets and give dietary advice to different groups.
- search, collect and put together scientific material in the area of human nutrition.
- communicate knowledge in human physiology to people who are not experts in this.

Education

The education consists of lectures, group education, seminars, practical laboratory work, submitted work, and presentations. Participation in the practical laboratory work, group education and seminars 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

a. Examination for the course is in the following manner: measurement of knowledge takes place through written and/or oral examination and submitted work.

b. 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

c. Grading criteria for the course will be distributed at the start of the course.

d. A minimum grade of E is required to pass the course, together with completion of all practical laboratory work, seminars and participation in all compulsory education.

e. 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.

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 course Human Physiology and Nutritional Assessment 10p (NÄ1060), 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.