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The Department of Human Nutrition is located
on the 6th and 7th floors of the Science II Building,
Union Street
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Welcome to …

HUMAN NUTRITION AT OTAGO

Human Nutrition has been taught at Otago for almost a hundred years. In terms of academic staff and students the Department of Human Nutrition is the largest university department involved in this discipline in Australasia and one of the best known in the Southern Hemisphere. During the past sixteen years it has been responsible for all Dietetic training in New Zealand. Our graduates are to be found in interesting positions in a number of countries throughout the world as well as in leading roles in Australia and New Zealand. Our research programmes extend beyond the shores of New Zealand with staff members involved in research as far afield as Thailand, Ethiopia, Zambia, Malawi, Brazil, the United States, Canada, the United Kingdom and Germany. The Department is a World Health Organisation Collaborating Centre for Human Nutrition.

The Department has enjoyed international recognition for outstanding leadership and excellence in nutrition research for well over half a century.

Our courses continue to receive an exceptionally high rating from past and present students and we aim to ensure that all students continue to receive the quality education for which Otago is famous.

Welcome to Human Nutrition at Otago!

Professor Samir Samman
Head of Department, Human Nutrition
# TEACHING STAFF

<table>
<thead>
<tr>
<th>Name</th>
<th>Topics Taught</th>
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</thead>
<tbody>
<tr>
<td>Dr Katherine Black</td>
<td>Sports nutrition</td>
</tr>
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<td>Dr Rachel Brown</td>
<td>Nuts and health; metabolism and health; nutrition communication</td>
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<tr>
<td>Dr Alex Chisholm</td>
<td>Cardiovascular disease and diet; nutrition counselling; dietetics</td>
</tr>
<tr>
<td>Mrs Rebecca Cooke</td>
<td>Sports nutrition, anthropometry</td>
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<tr>
<td>Dr Penny Field</td>
<td>Service management for dietitians; marketing; professional practice; ethics</td>
</tr>
<tr>
<td>Professor Rosalind Gibson</td>
<td>International nutrition; undernutrition; micronutrients and trace elements; nutritional assessment</td>
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<tr>
<td>Dr Anne-Louise Heath</td>
<td>Iron nutrition; infant nutrition; food-based strategies to improve micronutrient status</td>
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<tr>
<td>Assoc Prof Caroline Horwath</td>
<td>Theories of behaviour change; behavioural aspects of nutrition promotion; nutrition and health communication</td>
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<tr>
<td>Dr Lisa Houghton</td>
<td>Folate and vitamin D; infant and maternal nutrition</td>
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<tr>
<td>Dr Rachael McLean</td>
<td>Public health approaches to improve nutrition and reduce obesity</td>
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<tr>
<td>Dr Louise Mainvil</td>
<td>Community dietetics; nutrition communication; public health nutrition programme planning and evaluation</td>
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<td>Professor Jim Mann</td>
<td>Diabetes, obesity, cardiovascular disease, epidemiology</td>
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<tr>
<td>Assoc Prof Winsome Parnell</td>
<td>Poverty and nutrition; nutrition policy in New Zealand; nutrition in the Pacific Islands; maternal and infant nutrition</td>
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<tr>
<td>Dr Tracy Perry</td>
<td>Sports nutrition; carbohydrates; glycaemic index; diabetes</td>
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<tr>
<td>Ms Amber Robertson</td>
<td>Foodservice Management</td>
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<tr>
<td>Professor Murray Skeaff</td>
<td>Nutritional properties and health effects of vitamin D, folate, and fats and oils; cancer, alcohol, heart disease, lipids</td>
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<tr>
<td>Assoc Prof Sheila Skeaff</td>
<td>Nutrients and the processes of nutrition; trace elements in health and disease, in particular iodine; sustainable foods and diets</td>
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<tr>
<td>Dr Paula Skidmore</td>
<td>Childhood and adolescent nutrition; vitamins; dietary patterns and health</td>
</tr>
<tr>
<td>Dr Lisa Te Morenga</td>
<td>Dietary fibre, protein and sugars in relation to obesity, the metabolic syndrome, diabetes and cardiovascular disease</td>
</tr>
<tr>
<td>Ms Carla Thomson</td>
<td>Foodservice management</td>
</tr>
<tr>
<td>Mrs Liz Tuckey</td>
<td>Macronutrients and health; vitamins, diets and health.</td>
</tr>
<tr>
<td>Dr Bernard Venn</td>
<td>Vitamins; carbohydrates and metabolism; glycaemic load</td>
</tr>
<tr>
<td>Ms Kirsten Webster</td>
<td>Foodservice management</td>
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HUMAN NUTRITION

The study of human nutrition covers all the areas that have an impact on health as influenced by food. It involves a knowledge of food and food products as sources of nutrients; the function of nutrients; nutrient requirements; the digestion and absorption of food and the metabolism of nutrients; the consequences of inappropriate nutrition; and the management of a foodservice.

Understanding cultural and environmental factors that determine food choices is necessary in order to be able to communicate nutrition information. In many developing countries large sections of the population suffer from under-nutrition, whereas in most affluent societies obesity, coronary heart disease and diabetes are some of the consequences of over-nutrition, which has reached epidemic proportions.

Dietetics is a branch of human nutrition that is concerned with the nutritional management of patients with a range of medical conditions, where special attention to food and nutrition is an essential part of treatment.

Foodservice management is an area of human nutrition that is concerned with the management of foodservices. The objectives of foodservice management include ensuring nutritional requirements are met, as well as achieving customer satisfaction and financial accountability.

In the course of the study of Human Nutrition, skills are developed in the preparation and presentation of oral and written reports, the use of computers for dietary and statistical analysis, library research, wet chemistry techniques, organisation of a team, group problem solving, management of resources, quality control and the use of systems models for problem solving.

Patient-centred nutritional care skills are the focus of Dietetic training. Assessment of achievement is based on written term and final examinations, performance in the laboratories, achievement in oral and written reports, peer group assessment and seminar presentations.

The Bachelor of Applied Science in Sport and Exercise Nutrition includes human nutrition, exercise science and innovative management. The degree looks at how sport, exercise and food influence health and human performance.
BACKGROUND REQUIRED
For any of the degrees in Human Nutrition, high school students are recommended to take:
Year 12 Biology, Chemistry, Maths and English
and
Year 13 Maths with Statistics, Biology and particularly Chemistry.

For the Bachelor of Biomedical Science, you should also study Physics in Year 13.

UNDERGRADUATE DEGREES
The Department of Human Nutrition offers majors within the following undergraduate degrees:
Bachelor of Science (BSc) majoring in Human Nutrition
Bachelor of Applied Science (BAppSc) majoring in Sport and Exercise Nutrition
Bachelor of Biomedical Science majoring in Nutrition and Metabolism in Human Health

A Bachelor’s degree is made up of 360 points. 180 points must be above 100-level and of those 180 points, 72 must be above 200-level.

Human Nutrition Papers
Human Nutrition papers begin at second year level.
Students who have passed the prescribed first year papers (see next page) or Health Sciences First Year (HSFY) papers may enrol for Human Nutrition papers in their second year.

Human Nutrition papers offered are:
HUNT221  Macronutrients and health
HUNT222  Vitamins, diets and health
HUNT223  Minerals, under-nutrition and health
HUNT231  Foodservice Operations
HUNT232  Sport and Exercise Nutrition
HUNT233  Nutrition and Health: Concepts and Controversies
HUNT311  Metabolism, health and disease
HUNT312  Nutrition in Cancer and Heart Disease
HUNT313  Life Cycle Nutrition
HUNT314  Nutrition and health communication
HUNT331  Foodservice Management
HUNT355  Perspectives in Sports Nutrition
BACHELOR OF SCIENCE (BSc)
The papers that must be included in a BSc majoring in Human Nutrition are:

BIOC 192  18 points
CELS 191  18
CHEM 191  18
HUBS 191  18
HUBS 192  18

HUNT 221  18
HUNT 222  18
HUNT 223  18

HUNT 311  18
HUNT 312  18
HUNT 313  18
HUNT 314  18

Total  216 points

It is very highly recommended that the following papers are also included in the degree:

STAT 115 or 110  18
BIOC 230 or 223  18
PHSL 251  21

Total  57 points

A further 87 points are required to complete the degree.

Students who wish to keep their options open to be eligible to apply for entry into the Master of Dietetics programme are required to take the highly recommended papers listed above as well as the foodservice management papers:

FOSC 111  18
HUNT 231  27
HUNT 331  36

Total  81 points
A typical programme of study for students enrolled in a BSc majoring in Human Nutrition who wish to keep their options open to be eligible for entry into the Master of Dietetics programme would look like this:

**First year:**

<table>
<thead>
<tr>
<th>Semester One</th>
<th>Semester Two</th>
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<tbody>
<tr>
<td>CHEM 191</td>
<td>BIOC 192</td>
</tr>
<tr>
<td>HUBS 191</td>
<td>HUBS 192</td>
</tr>
<tr>
<td>CELS 191</td>
<td>STAT 115</td>
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<tr>
<td>[FOSC 111]</td>
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*Note:*  
FOSC 111 is required for Dietetics and is normally taken in the first or second year.

**Second year:**

<table>
<thead>
<tr>
<th>Semester One</th>
<th>Semester Two</th>
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</thead>
<tbody>
<tr>
<td>HUNT 221</td>
<td>HUNT 222</td>
</tr>
<tr>
<td>PHSL 251</td>
<td>HUNT 223</td>
</tr>
<tr>
<td>BIOC 230</td>
<td>or BIOC 223</td>
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<tr>
<td>[FOSC 111]</td>
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*plus one other paper such as HUNT232 or another paper from a different subject area*

**Third year:**

<table>
<thead>
<tr>
<th>Semester One</th>
<th>Semester Two</th>
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<tbody>
<tr>
<td>HUNT311</td>
<td>HUNT313</td>
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<tr>
<td>HUNT312</td>
<td>HUNT314</td>
</tr>
<tr>
<td>HUNT231</td>
<td>HUNT331</td>
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</table>
BACHELOR OF APPLIED SCIENCE (BAppSc)

This is a three-year undergraduate degree which looks at how sport, exercise and food influence health and human performance, and how nutrition affects sports health and performance. Knowledge about exercise, sport and food can be used to promote good health and well-being and can impact on understanding of diseases such as obesity, diabetes, heart disease and cancer.

A BAppSc degree requires 360 points including the major subject requirements for the chosen subject (Sport and Exercise Nutrition) as well as an approved minor subject or an approved second major subject (see the Guide to Enrolment for the permitted combinations of subjects) or other approved papers worth at least 90 points – a minor - (with 54 points above 100-level, including 18 points at 300-level) to constitute a coherent and integrated programme of study.

The papers that must be included in a BAppSc majoring in Sport and Exercise Nutrition are:

- BIOC 192 18 points
- CELS 191 18
- CHEM 191 18
- HUBS 191 18
- HUBS 192 18
- HUNT 221 18
- HUNT 222 or HUNT 223 18
- HUNT 232 18
- PHSE 202 18
- PHSE 203 18
- HUNT 355 18
- PHSE 312 18
- Two of HUNT 311-313 36
- One of PHSE 301, 311, 314,315 18

It is very highly recommended that the following paper is also included in the degree:

- STAT 115 or 110 18

**Total** 288 points

A further 72 points are required, including either requirements for an approved minor or approved second major subject or other approved papers.

Students who wish to keep their options open to apply for entry into the Master of Dietetics programme should include two minors: Food Service Management (FSM) and Supplementary Nutritional Science (SUNS). It takes a minimum of 3.5 years to complete this option.
A typical programme of study for students enrolled in a BAppSc majoring in Sport and Exercise Nutrition who wish to keep their options open to be eligible to apply for entry into the Master of Dietetics programme would look like this:

**First year:**

<table>
<thead>
<tr>
<th>Semester One</th>
<th>Semester Two</th>
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<tbody>
<tr>
<td>CHEM 191</td>
<td>BIOC 192</td>
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<tr>
<td>HUBS 191</td>
<td>HUBS 192</td>
</tr>
<tr>
<td>CELS 191</td>
<td>STAT 115</td>
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<tr>
<td>FOSC 111</td>
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</table>

**Second year:**

<table>
<thead>
<tr>
<th>Semester One</th>
<th>Semester Two</th>
</tr>
</thead>
<tbody>
<tr>
<td>HUNT 221</td>
<td>HUNT 222</td>
</tr>
<tr>
<td>HUNT 232</td>
<td>HUNT 223</td>
</tr>
<tr>
<td>PHSE 203</td>
<td>PHSE 202</td>
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<td></td>
<td>HUNT 355</td>
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</table>

**Third year:**

<table>
<thead>
<tr>
<th>Semester One</th>
<th>Semester Two</th>
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</thead>
<tbody>
<tr>
<td>HUNT 231</td>
<td>HUNT313</td>
</tr>
<tr>
<td>PHSL 251</td>
<td>HUNT314</td>
</tr>
<tr>
<td>PHSE 312</td>
<td>HUNT331</td>
</tr>
</tbody>
</table>

**Fourth year:**

<table>
<thead>
<tr>
<th>Semester One</th>
<th>Semester Two</th>
</tr>
</thead>
<tbody>
<tr>
<td>HUNT 311</td>
<td></td>
</tr>
<tr>
<td>HUNT 312</td>
<td></td>
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<tr>
<td>PHSE 300 (PHSE 311; PHSE 301)</td>
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This course includes two minors, one in Supplementary Nutritional Science (SUNS) and the second in Foodservice Management (FSM).
BACHELOR OF BIOMEDICAL SCIENCES

This degree encompasses a wide range of disciplines relevant to an understanding of the scientific basis of health and disease and provides graduates with a solid grounding in the principles underlying modern biological and medical research. The programme is focussed on human biology and allows students to combine different disciplines (e.g. physiology and human nutrition).

At the end of the first year there are several options on offer and one of these is Nutrition and Metabolism in Human Health. You will study the physiology and biochemistry of nutrition, dietary assessment and its relevance to human health. You will learn how metabolic disorders are affected by nutritional issues, nutrient status, lipids and carbohydrates.

<table>
<thead>
<tr>
<th>Course</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>BIOC 192</td>
<td>18</td>
</tr>
<tr>
<td>CELS 191</td>
<td>18</td>
</tr>
<tr>
<td>CHEM 191</td>
<td>18</td>
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<tr>
<td>HUBS 191</td>
<td>18</td>
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<tr>
<td>HUBS 192</td>
<td>18</td>
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<tr>
<td>PHSI 191</td>
<td>18</td>
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<tr>
<td>HUNT 221</td>
<td>18</td>
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<td>HUNT 222</td>
<td>18</td>
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<tr>
<td>HUNT 223</td>
<td>18</td>
</tr>
<tr>
<td>ANAT 241, BIOC 221, BIOC 223, MICR 221, MICR 223, PHSL 232, PHSL 233</td>
<td>54</td>
</tr>
<tr>
<td>HUNT 311</td>
<td>18</td>
</tr>
<tr>
<td>HUNT 312</td>
<td>18</td>
</tr>
<tr>
<td>ANAT 331, ANAT 332, BIOC 352, BIOC 353, BIOC 355, HUNT 313, MICR 331, MICR 332, PHSL 343, PHSL 345</td>
<td>36</td>
</tr>
</tbody>
</table>

It is very highly recommended that the following paper is also included in the degree:

<table>
<thead>
<tr>
<th>Course</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>STAT 115 or 110</td>
<td>18</td>
</tr>
</tbody>
</table>

Total 306 points

A further 54 points are required.

Students will not normally be permitted to enrol for any papers of a year until all the papers of the preceding year have been passed.

For further details, email the programme administrator at osms@otago.ac.nz.
HUNT 221 Macronutrients and health  18 points - Semester one
Essentials of the physiology and biochemistry of the macronutrients; introduction to anthropometry; obesity; diabetes.

Prerequisites
BIOC 192, CHEM 191, CELS 191, HUBS 191, HUBS 192
STAT 110 or 115 is recommended.

Lectures
Two lectures per week: Tuesday and Thursday from 12 noon-12.50 p.m.

Practicals
One 3-4 hour session per fortnight. Tuesday, Wednesday or Thursday, 2.00-4.50 p.m.
Attendance at practical classes is compulsory.

Paper Content
Metabolism, functions and food sources of the macronutrients; assessment of body composition; diabetes; and obesity.
The laboratory classes will teach how to carry out a number of basic analytical chemistry methods used in food and nutrition analysis; how to collect and interpret basic anthropometric data; and will also involve students in an experiment to see how their blood lipids are altered by food.

Term Tests
One mid-term examination is held in lecture time.

Internal Assessment
The internal assessment contributes 50% to the final mark. It is derived from assignments and from term examination marks.

Recommended Textbooks

Paper coordinator: Assoc Prof Winsome Parnell
HUNT 222 Vitamins, diets and health  18 points - Semester two

Essentials of the physiology and biochemistry of the vitamins; overview of dietary assessment; foods; food patterns.

Prerequisites
BIOC192, CHEM 191, CELS 191, HUBS 191, HUBS 192
STAT 110 or 115 is recommended at 100-level

Lectures
Two lectures per week: Monday and Tuesday from 12 noon-12.50 p.m.

Practicals
One 3 hour session per week: Tuesday, Wednesday or Thursday, 2.00-4.50 p.m.

Attendance at practical classes is compulsory.

Course Content
The lectures cover the metabolism, functions and food sources of the vitamins; an overview of dietary assessment; foods and food choices, and the factors which may affect these.

The practicals will provide an opportunity to undertake various forms of dietary assessment, including developing and testing your own food frequency questionnaire.

Term Tests
One term examination is held in lecture time.

Internal Assessment:
The internal assessment contributes 50% to the final mark. It is derived from assignments associated with practical work and from term examination marks.

Recommended Textbooks

Paper coordinator: Dr Penny Field
HUNT 223 Minerals, under-nutrition and health  18 points - Semester two
Metabolism; functions and food sources of the minerals; food hazards; under-nutrition; and sustainable nutrition.

Prerequisites
BIOC192, CHEM 191, CELS 191, HUBS 191, HUBS 192
STAT 110 or 115 is recommended at 100-level

Lectures and Tutorials
Two lectures per week: Thursday and Friday from 12 noon-12.50 p.m.

Practicals
One 3 hour session per week: Wednesday, Thursday or Friday, 2.00-4.50 p.m.
Attendance at practical classes is compulsory.

Course Content
The lectures cover the metabolism, functions and food sources of the minerals; food hazards; under-nutrition; and sustainable nutrition.
Practical blocks include laboratory based nutritional analyses; literature searching and review; and writing for a scientific audience.

Term Tests
One term examination is held in lecture time.

Internal Assessment
The internal assessment contributes 40% to the final mark. It is derived from assignments associated with practical work and from term examination marks.

Recommended Textbooks

Paper coordinator: Dr Sheila Skeaff
HUNT 231 Foodservice Operations  

27 points - Semester one

An introduction to the basic tools and effective use of resources in the management of a foodservice.

Prerequisite
FOSC 111 (In exceptional circumstances other papers approved by the Head of Department of Human Nutrition may satisfy the prerequisite.)

Lectures
4 hours per week, Monday and Wednesday from 10.00 a.m.-12 noon.

Practicals
Approx 5 per semester, as rostered. Monday to Friday from 1.30-7.30 p.m.
Attendance at practical labs is compulsory.

Assessment
Internal assessment  60%
Final examination  40%
The internal assessment mark is derived from assignments associated with practical work and group projects.
Students must gain at least 40% in the final examination to pass the course.

Course Content
Lectures, tutorials, assignments and laboratories include the following topics.

| Equipment | Menu planning | Foodservice systems |
| Control | Recipe development | Production controls |
| Food production | Food safety principles | Value analysis |
| Distribution and service | Product standards | Health & safety |
| | Purchasing | Quality/quantity control |

Students will gain practical experience in University college foodservices where they will be introduced to the management tools, methods and equipment used in large scale food production and service. Major assignments require application of foodservice theory in menu planning and food safety.

Textbooks
Highly Recommended

Recommended

Paper Coordinator: Kirsten Webster
HUNT 232  Sport and Exercise Nutrition  18 points – Semester one
Nutritional aspects of exercise and sports performance.

This paper introduces the fundamentals of sports nutrition and develops an understanding of the nutritional requirements and issues involved in a variety of sport and exercise settings.

Prerequisites
Two of CELS 191, FOSC 111, HUBS 191, 192, BIOL 111, 115; or ANAT 111 and PHSL 101

Lectures
Three lectures per week, Tuesday, Wednesday and Thursday from 10.00-10.50 a.m.

Practicals
One 3 hour session each fortnight, Tuesday or Thursday 2.00-4.50 p.m.
Attendance at practical classes is compulsory.

Term Tests
A term examination is held in lecture time.

Internal Assessment
Internal assessment derived from assignments and term examinations contributes 50% to the final mark.

Course Content
The lecture course includes the following topic areas:
Energy metabolism; nutrition for short duration, intermittent and endurance exercise; weight loss and weight gain in athletes; sport foods and supplements.

Recommended Textbook
Chichester: Wiley-Blackwell.

Paper coordinator: Dr Katherine Black
HUNT 233 Nutrition and Health: Concepts and Controversies

An introduction to nutrition as it relates to health, using current and controversial issues to reinforce basic nutrition principles.

Note: HUNT233 cannot be credited to a degree if HUNT 221, HUNT 222, or HUNT 223 has been passed previously or is taken concurrently.

Prerequisite
Thirty-six points

Lectures and Tutorials
Lectures: Ten hours of lectures/tutorials per week

Internal Assessment
Internal assessment contributes 60% to the final mark. It is derived from assignments, tutorial reports and quizzes.

Course Content
An introduction to the metabolism, functions and food sources of the major nutrients; nutritional assessment methods; nutritional needs and practices of individuals at different stages of the lifecycle, and in varying disease states; and the integral role of nutrition in health.

Textbook
No textbook is required. Students will be supplied with a laboratory manual and selected reading material.

Recommended Reading


Paper Coordinator: Dr Katherine Black
300 LEVEL PAPERS

HUNT 311 Metabolism, health and disease 18 points - Semester one
Vitamin and mineral metabolism; biochemical assessment of nutrient status.

Prerequisites
HUNT 221, HUNT 222, HUNT 223 or (HUNT 201 and HUNT 202)
STAT 115 and at least 18 200-level BIOC or PHSL points recommended

Lectures
Two lectures per week, Wednesday, Thursday from 9.00-10.00 a.m.

Practical
One 3 hour session per week, either Thursday or Friday.
Part of the work is laboratory work and part is seminars and discussion groups.

Course content
Biochemical nutrition assessment with special emphasis on carbohydrate, protein, zinc, iron, selenium, folate and vitamin B12; nutritional epidemiology.

Term Tests
There are no term tests.

Internal Assessment
The internal assessment contributes 40% to the final mark. It is derived from laboratory assignments and written and oral presentations.

Textbook
There is no required textbook. Students will be provided with readings.

Recommended reading

Paper Coordinator: Dr Bernard Venn
HUNT 312 Nutrition in Cancer and Heart Disease 18 points - Semester one

Nutrition in the aetiology and prevention of cancer and heart disease; the jigsaw of plausible biological mechanisms, observational epidemiology, and the latest results of randomised controlled trials.

Prerequisites
HUNT 221, HUNT 222, HUNT 223
STAT 115 and at least 18 200-level BIOC or PHSL points recommended

Lectures
Two lectures per week. Monday and Tuesday from 9.00-9.50 a.m.

Discourse
One two hour session per week.
Thursday 2.00-3.50 p.m., or Friday 10.00-11.50 a.m.

Course content
Nutritional epidemiology; epidemiology of cancer; food, nutrition and the prevention of cancer; pathogenesis of cardiovascular disease; food, nutrition and the prevention of cardiovascular disease; interpretation and critical analysis of results presented in published nutrition research articles about cancer and cardiovascular disease.

Term tests
There are no term tests.

Internal Assessment
The internal assessment contributes 60% to the final mark. It is derived from assignments.

Textbooks
There are no required textbooks for HUNT 312.
The majority of reading material will be taken from recent scientific journals and will either be handed out as photocopies or put on Blackboard.

Recommended Reading

Paper coordinator: Professor C. Murray Skeaff
HUNT 313 Life Cycle Nutrition 18 points - Semester two

Foetal origins of adult disease, maternal nutrition, the growing foetus, lactation, issues in infant feeding; nutrition during childhood and adolescence and implications for future health; interactions between nutrition and the ageing process – challenging the myths.

Prerequisites
HUNT 221, HUNT 222, HUNT 223
STAT 115 and at least 18 200-level BIOC or PHSL points are strongly recommended:

Lectures
Two lectures per week: Wednesday and Thursday from 9.00-9.50 a.m.

Practicals
One session per week: Friday 9.00-11.50 a.m.

Course content
This course is concerned with nutrition during important phases of the life cycle. It will include units on
1. Women during the pre-conception period, pregnancy and lactation
2. Infancy
3. Childhood
4. Adolescence
5. Ageing adults
For each life cycle stage, we will study the biological basis of energy and nutrient needs, discuss how nutritional status is assessed, be aware of the food and nutrition guidelines and key nutritional issues, and understand the impact of various physical, behavioural and socio-economic factors on nutrition.

Weekly practicals will be used to develop an understanding of some current issues in nutritional. These sessions are a mix of practical experience, guest lectures and self-directed learning.

Internal assessment
Internal assessment will contribute 45% of the final mark and will be derived from term tests which are held at prescribed times in class time and oral presentations.

Textbooks
There are no required textbooks for HUNT 313.
Key research papers will be used to complement lecture material. These will be available through Blackboard.

Paper Coordinator: Dr Paula Skidmore
HUNT 314 Nutrition and health communication            18 points - Semester two
Nutrition and culture, education and communication.

Prerequisites
One of HUNT 221, HUNT 222, HUNT 223, HUNT 232, HUNT 233, (HUNT 201, HUNT 202)

Seminars/Workshops
Tuesday from 9.00-10.50 a.m. and 2.00-5.00 p.m.
Up to two full day Tuesday workshops may also be required.

Internal assessment
Internal assessment contributes 100% to the final mark.

Course content
Nutrition and culture
The impact of a number of views of reality or paradigms on nutrition; how definitions of health
derived from culture and belief can affect the presentation and interpretation of health needs, with
particular regard to Maori people; a Treaty of Waitangi workshop and a study of Maori Health
concepts as they relate to nutrition, used to explore issues in the preparation and presentation of
nutrition education for Maori people.

Communication
Nutrition education and nutrition promotion; a study of strategies, their implementation and
effectiveness in several arenas.

Qualitative methodology
A group research project employing qualitative interviewing is undertaken.

Note: An important aspect of this paper is the
shared participation by all students in practical
experiences and their subjective evaluation.
Students are requested to keep a course journal
facilitate reflective learning experiences.

Textbook
There is no textbook for HUNT 314, but a course
of compulsory readings and recommended
readings is supplied.

Paper coordinator: Dr Louise Manivil
HUNT 331 Foodservice Management 36 points - Semester two

A study of the principles and practices involved in the management of quantity foodservice operations.

Prerequisite
HUNT 231

Lectures/Teaching Modules
4 hours per week, Monday and Wednesday 10.00 a.m.-12 noon.

Practicals
Six management experience laboratories (in either the first or second half of Semester 2). Mon, Weds, Thurs or Fri 12.30-7.30p.m.

Internal Assessment
The internal assessment contributes 70% to the final mark. It is comprised of three assignments (two group and one individual).

Final Examination
Students must gain at least 40% in the final examination to pass the course.

Course Content
HUNT 331 introduces students to the management of quantity foodservice operations. Foodservice systems theory is used as a framework to develop knowledge and understanding of foodservice management principles and practices. Course delivery includes a guest lecture series that focuses on management in the ‘real world’ of foodservice. Guest lecturers are foodservice industry professionals and / or experts in their field.

Practicals
Students develop their management skills through participation in six management experience laboratories. Management experience laboratories are held in University college foodservices. During management experience, students work in pairs to plan and manage meal service for up to 250 University college residents.

Textbooks
Highly Recommended

Recommended

Paper coordinator: Carla Thomson
HUNT 355 Perspectives in Sports Nutrition 18 points - Semester two

A self-directed learning and seminar-based paper that aims to develop the ability to interpret and critically analyse scientific nutritional literature on a range of topics in Advanced Sports Nutrition. The paper aims to increase the student’s knowledge and enable them to evaluate the interrelationship between nutrition and exercise through the study of selected topics of current interest.

Prerequisites
HUNT 221, HUNT 222, HUNT 223, or HUNT 232 and PHSE 301

NB: Students with the appropriate prerequisites may take this paper even if they do not wish to complete an honours degree, provided places are available.

Restrictions: CMNX 407/NUTN407, SPMX 703

Lectures
One lecture per week, Thursday 10.00 a.m.-12.00 p.m.

Internal Assessment
The internal assessment contributes 50% to the final mark.

Required reading
Reading and lecture material relating to the topics under discussion will be provided.

Recommended Textbook

Paper coordinator: Dr Tracy Perry
HONOURS DEGREES

BACHELOR OF SCIENCE BSc(HONS) IN HUMAN NUTRITION

To be admitted to the above degree in Human Nutrition students must fulfil one of the following conditions:

i. have been admitted to the degree of Bachelor of Science majoring in the subject or subjects of study proposed with an average grade of at least B+ for the appropriate 300-level papers; (HUNT 311-314; 355)

ii. have been admitted with the status of one who is entitled to proceed to the degree;

iii. have a qualification acceptable to the Pro-Vice-Chancellor and produce evidence acceptable to the Pro-Vice-Chancellor of ability to proceed to the degree.

The Honours programme must be completed in one year of full-time study. The research project must be submitted by 1 June or 1 November of the semester in which the degree is completed.

Normal structure for the programme is set out below. Some variations may be possible. Consult the University Calendar or Dr Bernard Venn, Postgraduate Coordinator.

The BSc(Hons) may be completed by taking

- HUNT 451 Nutritional Assessment
- HUNT 452 Nutrition and Human Health
- HUNT 453 Topics in Behavioural and Applied Nutrition
- HUNT 454 Nutritional Biostatistics
- HUNT 490 Dissertation

Note: Any two of HASC 411, HASC 413, HASC 415, PUBH 721 may be substituted for HUNT 454.

With the permission of the Heads of Departments concerned, a candidate may substitute a paper of another subject for one of the required papers.

Full regulations for the degree can be found at:
http://www.otago.ac.nz/courses/qualifications/bappsc.html

The due date for applications is 10 December, although late applications will be considered.

Postgraduate Coordinator: Dr Bernard Venn
BACHELOR OF APPLIED SCIENCE WITH HONOURS (BAPPSC(HONS))
IN SPORT AND EXERCISE NUTRITION

To be admitted to the above degree in Sport and Exercise Nutrition students must fulfil one of the following conditions:

i. have been admitted to the degree of Bachelor of Applied Science majoring in the subject or subjects of study proposed with an average grade of at least B+ for the appropriate 300-level papers.

ii. have been admitted with the status of one who is entitled to proceed to the degree;

iii. have a qualification acceptable to the Pro-Vice-Chancellor and produce evidence acceptable to the Pro-Vice-Chancellor of ability to proceed to the degree.

iv. The Honours programme must be completed in one year of full-time study. The research project must be submitted by 1 June or 1 November of the semester in which the degree is completed.

Normal structure for the programme is set out below. Some variations may be possible. Consult the University Calendar or Dr Tracy Perry, Co-ordinator of the programme.

Papers:

HUNT 490 Research Project; and 40 points
HUNT 451 Nutritional Assessment; and 20 points

One of
HUNT 452 Nutrition and Human Health, 20 points
HUNT 453 Topics in behavioural and Applied Nutrition; and 20 points

One of
PHSE 501 Advanced Topics in Exercise Physiology, 20 points
PHSE 527 Topics in Advanced Physical Education, 20 points
PHSE 528 Topics in Advanced Physical Education; and 20 points

One of
HASC 411 Research Design and Evaluation, 15 points
HASC 413 Biostatistics, 15 points
HASC 415 Regression Methods; Health Science Applications; 15 points

and
APPS 499 Applied Science Work Experience 5 points

With the permission of the Heads of Departments concerned, a candidate may substitute a paper of another subject for one of the required papers.

Full regulations for the degree can be found at:
http://www.otago.ac.nz/courses/qualifications/bappsc.html

The due date for applications is 10 December, although late applications will be considered.

Sports Nutrition Coordinator: Dr Tracy Perry
FURTHER STUDY

Further study by recent graduates has included nutrition (Diploma for Graduates, Postgraduate Diploma of Science, Master of Science, Master of Dietetics, PhD) and also courses in teaching, nursing, physiotherapy, dentistry, sports medicine, medicine, tourism, regional and resource planning, pharmacy, health protection, public health, naturopathy, and medical technology.

NUTRITION POSTGRADUATE COURSES

The Department of Human Nutrition offers postgraduate courses leading to the PGDipSci, MSc, PhD in Human Nutrition; PGDipSci or MSc in Community Nutrition; and Master of Dietetics.

Students who are intending to enrol full-time for fourth year Honours or the papers year of the MSc can apply for the Bee Nilson Scholarship. This scholarship is available only to Human Nutrition and Food Science students* who have completed their undergraduate degree at Otago. Applications close on 31 October each year. Information regarding all University scholarships is available from the Scholarships Office.

*HUNT, FOSC or CFSC majors only

Papers available

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Semester</th>
<th>Points</th>
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<tbody>
<tr>
<td>HUNT 451</td>
<td>Nutritional Assessment</td>
<td>Semester two</td>
<td>20 points</td>
</tr>
<tr>
<td>HUNT 452</td>
<td>Nutrition and Human Health</td>
<td>Semester two</td>
<td>20 points</td>
</tr>
<tr>
<td>HUNT 453</td>
<td>Community and Public Health Nutrition</td>
<td>Semester one</td>
<td>20 points</td>
</tr>
<tr>
<td>HUNT 454</td>
<td>Biostatistics for Human Nutrition</td>
<td>Semester one</td>
<td>20 points</td>
</tr>
<tr>
<td>HUNT 455</td>
<td>Special Topic*</td>
<td>as required</td>
<td>20 points</td>
</tr>
<tr>
<td>HASC 411</td>
<td>Research design and evaluation</td>
<td>Semester one</td>
<td>15 points</td>
</tr>
<tr>
<td>HASC 413</td>
<td>Biostatistics</td>
<td>Semester one</td>
<td>15 points</td>
</tr>
<tr>
<td>HASC 415</td>
<td>Regression Methods: Health Science applications</td>
<td>Semester two</td>
<td>15 points</td>
</tr>
<tr>
<td>PUBH 721</td>
<td>Advanced Epidemiology (for Master’s and Honours students only)</td>
<td>Semester one</td>
<td>15 points</td>
</tr>
<tr>
<td>HUNT 485</td>
<td>Research Project (PGDipSci)</td>
<td>Full year</td>
<td>20 points</td>
</tr>
<tr>
<td>HUNT 490</td>
<td>Research Project* (PGDipSci)</td>
<td>Full year</td>
<td>40 points</td>
</tr>
<tr>
<td>HUNT 495</td>
<td>Preliminary Thesis Research (MSc)</td>
<td>Full year</td>
<td>20 points</td>
</tr>
</tbody>
</table>

Candidates for a Postgraduate Diploma in Science undertake a research report (HUNT 485).

Candidates for a Master’s degree undertake preliminary thesis research (HUNT 495 and a full research thesis HUNT 5).

A Master’s degree by thesis only is available for students who have previously passed 400 level papers e.g. a BSc(Hons) graduate or a PGDipSci graduate with suitable grades.
POSTGRADUATE DIPLOMA IN SCIENCE (PGDIPSCI)

Admission requirements for the Postgraduate Diploma in Science are given on the University of Otago website http://www.otago.ac.nz/courses/qualifications/pgdipsci.html. The course may be taken by full-time candidates in one year, or by part-time candidates over more than one year.

A Postgraduate Diploma can be obtained by taking either papers only or by taking papers plus a research paper (HUNT 485) or dissertation (HUNT 490).

Papers only option:

- HUNT 451 Nutritional Assessment
- HUNT 452 Nutrition and Human Health
- HUNT 453 Topics in Behavioural and Applied Nutrition
- HUNT 454 Nutritional Biostatistics

and two papers from

- HUNT 455 Special Topics,
- NUTN 407 Advanced Sports Nutrition,

and other approved 400-level papers

Papers plus Research Paper option:

- HUNT 485 Research Project
- HUNT 451 Nutritional Assessment
- HUNT 452 Nutrition and Human Health
- HUNT 453 Topics in Behavioural and Applied Nutrition
- HUNT 454 Nutritional Biostatistics

and one paper from

- HUNT 455 Special Topics,
- NUTN 407 Advanced Sports Nutrition,

Other approved 400-level papers

Papers plus Research Dissertation option:

- HUNT 490 Dissertation
- HUNT 451 Nutritional Assessment
- HUNT 452 Nutrition and Human Health
- HUNT 453 Topics in Behavioural and Applied Nutrition
- HUNT 454 Nutritional Biostatistics

For more detail, please see our Postgraduate Handbook, available at http://www.otago.ac.nz/humannutrition

The due date for applications is 10 December, although late applications will be considered.

Postgraduate Coordinator: Dr Bernard Venn
POSTGRADUATE DIPLOMA IN APPLIED SCIENCE (PGDIPAPPSC)

Admission requirements for the Postgraduate Diploma in Applied Science are given on the University of Otago website http://www.otago.ac.nz/courses/qualifications/pgdipappsc.html. The course may be taken by full-time candidates in one year, or by part-time candidates over more than one year.

The PGDipAppSc may be completed by taking

Either:

• HUNT 485 Research Project; and
• HUNT 451 Nutritional Assessment; and
• APPS 499 Applied Science Work Experience; and

One of

HUNT 452 Nutrition and Human Health,

HUNT 453 Topics in Behavioural and Applied Nutrition; and

Two of

PHSE 501 Advanced Topics in Exercise Physiology,
PHSE 527 Topics in Advanced Physical Education,
PHSE 528 Topics in Advanced Physical Education; and

One of

HASC 411 Research Design and Evaluation,
HASC 413 Biostatistics,
HASC 415 Regression Methods; Health Science Applications

Or

• HUNT 490 Research Project; and
• HUNT 451 Nutritional Assessment; and
• APPS 499 Applied Science Work Experience and

One of

HUNT 452 Nutrition and Human Health,

HUNT 453 Topics in Behavioural and Applied Nutrition; and

One of

PHSE 501 Advanced Topics in Exercise Physiology,
PHSE 527 Topics in Advanced Physical Education,
PHSE 528 Topics in Advanced Physical Education; and

One of

HASC 411 Research Design and Evaluation,
HASC 413 Biostatistics,
HASC 415 Regression Methods; Health Science Applications;

The due date for applications is 10 December, although late applications will be considered.

For more detail, please see our Postgraduate Handbook, available at http://www.otago.ac.nz/humannutrition

Sports Nutrition Coordinator: Dr Tracy Perry
DIPLOMA FOR GRADUATES

The Diploma for Graduates (DipGrad) can be used for many purposes, and in some cases, effectively provides an additional major. It requires you to do at least seven papers, of which at least four are at 300-level or above. The programme is designed for graduates and may be completed by full-time candidates in one year or by part-time candidates over more than one year.

A DipGrad is a great way to retrain or to update existing qualifications. Many students also find it a convenient way to continue learning and that it is a useful bridge to postgraduate study.

Information for new applicants

The DipGrad is intended for students who have earned a degree. In some cases a student who has not earned a degree may also be eligible.

There are two types of DipGrad: Flexible and Endorsed.

• The Flexible DipGrad allows you to build on any extra papers you may have taken during your degree.
• The Endorsed DipGrad allows you to concentrate your papers in one specific subject area as if you were acquiring an extra major.

If you are thinking of doing a DipGrad, start by talking it over with the DipGrad Director who will advise you of your options. You will then need to complete the online application process to apply for the DipGrad programme and select your papers. This is the usual enrolment process that starts with an online application and ends with a Form for Course Approval. This form needs be signed by the DipGrad Director.

While the DipGrad requires you to do at least seven papers, of which at least four are at 300-level, not all papers at the University are worth 18 points, so the regulations regarding the DipGrad are given directly in terms of points.

Note: Endorsement may require enrolment in papers totalling more than 120 points, depending on the extent of prior study in relevant subjects and whether the student wishes to be eligible for postgraduate study in the subject of endorsement.

Contact details

The Director of the DipGrad Programme is Dr Willem Labuschagne of the Department of Computer Science. Email dipgrad@otago.ac.nz

For more detail, please see our Postgraduate Handbook, available at http://www.otago.ac.nz/humannutrition
MASTER OF DIETETICS (MDIET)

Dietetics is the profession concerned with the application of scientific knowledge about the role of food and human nutrition in the maintenance of health, and the prevention and treatment of disease. The dietitian plans, communicates, implements, and evaluates effective management strategies based on scientific principles and current knowledge. The training approach directed by the Dietitians Board and applied by the University of Otago is self-directed learning to develop competence in professional dietetic practice, social understanding, ethical behaviour and scholarly concern.

The Master of Dietetics qualification will entitle graduates to registration as a New Zealand Dietitian under the Health Practitioners Competence Act 2003. It is an internationally recognized qualification in Dietetics.

The Master of Dietetics is a two-year, full-time course.

To be eligible to apply for admission into the MDiet you must have completed the following papers or their substantive equivalent:

100 level: BIOC 192, CHEM 191, CELS 191, HUBS 191, 192, STAT 115, FOSC 111.
200 level: HUNT 221, HUNT 222, HUNT 223, HUNT 231, BIOC 230 or 223, PHSL 251.
300 level: HUNT 311, HUNT 312, HUNT 313, HUNT 314, HUNT 331.

The MDiet consists of six papers:

- HUND 471 Clinical Nutrition 30 points
- HUND 472 Community and Public Health Dietetics 20 points
- HUND 473 Foodservice Management 20 points
- HUND 475 Applied Dietetics 20 points
- HUND 477 Professional Placement 60 points
  - HUND 5A, HUND 5B Research Thesis 90 points

The degree is structured in two sequential parts:

Part One: Five papers HUND 471, HUND 472, HUND 473, HUND 475 and HUND 5A, which are taught in the first year of postgraduate study.

Part Two: HUND 477 and HUND 5B, which are taught in two one-semester blocks in the second year of study.

Part One is taught on campus in Dunedin. Each week students participate in lectures, clinical skills laboratories, small group sessions, and tutorials. Early Learning in Dietetics (practical experience placements) will be completed under the supervision of dietetic tutors in hospital, community, public health and foodservice environments.

Part Two consists of one semester of placements and one semester of research in one of a number of centres.

For more detail, please see our Postgraduate Handbook, available at http://www.otago.ac.nz/humannutrition

Programme Manager: Dr Julie Weaver
MASTER OF SCIENCE IN HUMAN NUTRITION (MSC)

The objectives of the MSc degree in Human Nutrition is to introduce the candidate to human nutrition research at the frontiers of knowledge and to train them in relevant research techniques.

The MSc in Human Nutrition is designed to provide a comprehensive and cohesive programme for those entering the Master’s level as a terminal degree. The programme requires successful completion of prescribed course work, a written thesis, and oral presentations of the research proposal and results in the departmental seminar series.

The MSc degree may be completed in two ways:

The first option is by successful completion of the following prescribed papers in the Department of Human Nutrition and a thesis embodying the results of supervised research.

The prescribed papers are:

- HUNT 451 Nutritional Assessment
- HUNT 452 Nutrition and Human Health
- HUNT 453 Topics in Behavioural and Applied Nutrition
- HUNT 454 Nutritional Biostatistics
- HUNT 495 Masters Thesis Preparation

and

- HUNT 5 (Thesis).

The second option is to complete a thesis only. For this option the candidate's qualification for entry to the MSc degree is a BSc with Honours or the Postgraduate Diploma in Science or equivalent with an average grade of B+ or higher for the 400-level papers.

For more detail, please see our Postgraduate Handbook, available at
http://www.otago.ac.nz/humannutrition

Students are encouraged to refer to the Handbook for Research Master’s Degrees. This is available as a PDF file on the University's website:
http://www.otago.ac.nz/study/masters/handbook/index.html and provides a comprehensive outline of all details relating to the Master’s programme.
POSTGRADUATE QUALIFICATIONS IN HEALTH SCIENCES ENDORSED IN HUMAN NUTRITION

PGCertHealSc Endorsed in Human Nutrition

PGDipHealSc Endorsed in Human Nutrition

These qualifications are intended for New Zealand-resident professionals in the healthcare and education sectors without a background in Human Nutrition but with a strong background in biological sciences or Health Science. Although a background in Human Nutrition is not required, a background in physiology and biochemistry is strongly recommended.

These qualifications are intended for New Zealand health and education professionals who are seeking to develop or update their nutrition knowledge and skills in order to complement their work as general practitioners, nurses, pharmacists, dentists, dental nurses, health education or home economics teachers. They are tertiary, not professional, qualifications and do not prepare participants to practise as dietitians. The qualifications are not intended for recent graduates in Human Nutrition.

The PGCertHealSc and the PGDipHealSc (Human Nutrition) provide an entry pathway to return to or continue tertiary studies and gain a postgraduate qualification. Students successfully completing the PGCertHealSc in Human Nutrition and achieving at least a B average are eligible to proceed to the PGDipHealSc endorsed in Human Nutrition.

The PGDipHealSc enables the development of postgraduate-level skills in the field of human nutrition, including an advanced capacity for appraisal of research evidence in this field. The qualification provides an entry pathway to continue tertiary studies and gain a postgraduate qualification and entry to a distance-taught Master’s programme. At least a B+ average will be required in the Human Nutrition papers for entry into the Master’s programme.

Papers available

<table>
<thead>
<tr>
<th>Paper</th>
<th>Course Title</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>NUTN 401</td>
<td>Principles of Human Nutrition</td>
<td>30</td>
</tr>
<tr>
<td>NUTN 402</td>
<td>Nutrition and Health Promotion</td>
<td>30</td>
</tr>
<tr>
<td>NUTN 404</td>
<td>Nutrition and Chronic Disease</td>
<td>30</td>
</tr>
<tr>
<td>NUTN 407</td>
<td>Advanced Sports Nutrition</td>
<td>30</td>
</tr>
</tbody>
</table>

Requirements:

PGCertHealSc  NUTN401 and one of NUTN402, 404, 407

The PGDipHealSc  NUTN401; two of NUTN402, 404, 407; further approved papers to the value of 30pts

Academic Coordinator: Dr Caroline Horwath
MHealSc Endorsed in Human Nutrition

The MHealSc programme enables healthcare and education professionals to develop advanced skills in the field of human nutrition, including research design skills, and to undertake supervised research in a human nutrition-related area. This is not a professional qualification and does not prepare participants to practice as dietitians.

This qualification is designed to provide a route by which health professionals may gain a Master’s degree in Human Nutrition through full or part time study at distance. The Master of Health Sciences endorsed in Human Nutrition (MHealSc) may be undertaken either as a thesis option or a coursework option.

The Master of Health Sciences endorsed in Human Nutrition is intended for New Zealand-resident professionals with a PGDipHealSc (Endorsed in Human Nutrition), PGDipSc (Community Nutrition) or PGDipDiet. If you are interested in undertaking a MHealSc degree, you are advised to complete an approved 30 point research methods paper as part of your PGDipHealSc. If you have completed the PGDipHealSc first without an approved research methods paper, you will normally be required to complete such a paper before commencing a research thesis or dissertation.

Papers available
NUTN 401 Principles of Human Nutrition 30 points
NUTN 402 Nutrition and Health Promotion 30 points
NUTN 404 Nutrition and Chronic Disease 30 points
NUTN 407 Advanced Sports Nutrition 30 points

Requirements:
Thesis option NUTN401; two of NUTN402, NUTN404, and NUTN407; and 30pts of approved research methods paper and a 120pt thesis.

Coursework option NUTN401; two of NUTN 402, NUTN404, and NUTN407; and approved research methods paper to the value of 30pts, and further approved papers (may include the remaining NUTN paper) to the value of 60pts; and a 60pt research dissertation.

Academic Coordinator: Dr Caroline Horwath

PHD - DOCTOR OF PHILOSOPHY

Graduates who have achieved high grades in Honours or Master’s degrees may be considered for admission to the degree of PhD, which at the University of Otago involves advanced research under the supervision of a primary supervisor and a co-supervisor, leading to a thesis. Initial inquiries should be made to the staff member in whose research field the candidate proposes to work and applications go to the Postgraduate Admissions Committee, or to the Head of Department.
CAREERS
Many career options are available to graduates in Human Nutrition. Some of the more popular are listed below.

DIETETICS
Qualification as a dietitian depends on gaining a Postgraduate Diploma in Dietetics. The diploma is an internationally recognised qualification in dietetics.

Recent Dietetics graduates are working in a variety of roles:
- clinical dietitians working in hospitals, providing nutritional support to people with acute and chronic illnesses
- foodservice management dietitians working in hospitals and commercial foodservices
- community dietitians, providing nutritional support, care and education to individuals and groups in the community
- private practice dietitians or sports dietitians
- nutritional products representatives for pharmaceutical companies
- dietitians in the food industry
- Public Health dietitians in health promotion and health protection

Further information on Dietetics as a career can be obtained by visiting the Dietetic Training Programme's website: http://www.otago.ac.nz/humannutrition/dietetics.

FOOD INDUSTRY
For a career in the food industry e.g. research and development officers, food technologists, nutritionists, marketing or sales officer, useful choices would be additional papers in Food Science, Microbiology, Computing, Marketing, Statistics, Health Promotion. A double major in Food Science and Human Nutrition is an excellent qualification.

FOODSERVICE INDUSTRY
For a career in the foodservice industry, e.g. foodservice supervisor, product and recipe development, public relations consultant or private foodservice business, the following papers should be included: FOSC 111, HUNT 231, HUNT 331. Chemistry is not essential. Career opportunities would be further enhanced by including papers in food marketing:- FOSC 307, FOSC 308.

GOVERNMENT AND NATIONAL ORGANISATIONS
There are many opportunities for those with postgraduate qualifications in Human Nutrition, (PGDipDiet, PGDipSci, MSc or PhD), to find positions in a range of organisations. For example, the Ministry of Health, New Zealand Food Safety Authority (NZFSA), Food Standards Australia New Zealand (FSANZ), New Zealand Milk, Cancer Society, National Heart Foundation, Agencies for Nutrition Action (ANA).
LEISURE INDUSTRY
For a career in the fitness and leisure industry, e.g. health and fitness manager, nutrition counsellor, recreation services advisor or personal trainer, a combined BPhEd and BSc or BCApSc majoring in Human Nutrition is recommended. There is a growing awareness of the role that nutrition can play in athletic performance and the importance of good dietary practices for weight control in athletes. Many Phys Ed graduates have considerable influence over the dietary practices of athletes and future athletes as teachers, coaches, fitness industry employees and sports administrators.

NUTRITION PROMOTION
For a career in the health sector e.g. statistical analyst, research officer, health protection officer, health promoter, policy analyst, graduate qualifications are recommended. This could involve postgraduate study in nutrition or consideration of other qualifications e.g. Postgraduate Diploma in Public Health or Health Protection Officer training. At the undergraduate level useful choices would be additional papers in Statistics, Maori Studies, Physiology, Computing, Health Promotion, Psychology, Sociology, and Marketing.

RESEARCH
For a career in research e.g. Crown Health Enterprise research and evaluation officer, Crop and Food research technician or scientist or scientists for specific research programmes, the following subject areas are recommended for consideration to be included at undergraduate level: Biochemistry, Computing, Psychology, Physiology and Statistics. A research component is required e.g. an honours degree or a master’s degree.

SELF EMPLOYMENT
There are many opportunities for self employment open to graduates in Human Nutrition, e.g. nutrition consultant, weight loss counsellor, writer, personal trainer, food outlet manager.

SPORTS NUTRITION
The emergence of the New Zealand Academy of Sport has opened up new opportunities for careers in sports nutrition, in addition to those associated with the leisure industry. These positions include sport science providers to elite carded athletes in the academies, and sports nutrition education positions within the academy structure or in polytechnic and university courses in Sports Science. The new Applied Science major of Sport and Exercise Nutrition is an ideal qualification for this field. Other alternatives are a BSc or BCApSc majoring in Human Nutrition and a PG Diploma of Dietetics, or a combined BSc or BCApSc in Human Nutrition and BPhEd.

TEACHING
Graduates wishing to become post-primary teachers can train for a Diploma in Teaching in a one year course at a College of Education.
EXAMPLES OF POSITIONS HELD BY RECENT GRADUATES

Rhea Brooks, BCApSc
Health promoter – Service development co-ordinator for ‘Get Cooking’ at Waikato Primary Health
Get Cooking is a community based food project that aims to get ‘back to basics’ and teach people the
skills of cooking healthily and on a budget. Rhea is responsible for training community health
coaches and Maori and Pacific health providers throughout the Waikato to deliver Get Cooking.
“Without my degree from Otago University this would not be possible. The Human Nutrition degree
that Otago offers is an internationally recognised qualification and with it comes amazing
employment opportunities. The degree’s structure gave me the knowledge I needed to learn about
nutrition and more importantly, it gave me the ability to effectively teach communities the benefits
of healthy eating.”

Anglea Tsang, BSc
After completing her BSc in Human Nutrition Angela took up a position as Healthy Schools
Coordinator at Diabetes Projects Trust in Auckland. “I look forward to continuing my knowledge
and experience in Nutrition and am thoroughly enjoying my new position in health promotion in
schools.”

Kyra Sim, BPhEd, BSc
Pharmaceutical sales representative for drugs related to the treatment of cardiovasular disease,
Bristol-Myers Squibb, Sydney, Australia.
“I have found I am at a distinct advantage over some of the other trainees from the knowledge I
acquired at Otago. It is not only the knowledge I was taught in the course that is proving to be of
great assistance but those indirect lessons of utilising what resources are available and discovering
the answer for myself that have proven to be the greatest.”

Dane Fuller, BPhEd/BSc
Health and weight loss consultancy, Christchurch, New Zealand
Dane runs a health and weight loss clinic at medical centres as well as a sports nutrition and fitness
consultancy business.

Petros Nitis, BSc, BPhEd
Pharmaceutical Representative, Parke Davis Pharmaceuticals, Dunedin, New Zealand.
The responsibilities of this position include the promotion of prescription medicines to general
practitioners, discussion of how particular drugs may benefit particular patients, keeping doctors up-
to-date with new indications and clinical studies.

Matthew Blair, BPhEd, BSc, Dip. Tourism
Personal trainer/ gym instructor, BODYSculp Ltd. Moana Pool, Dunedin
Matthew is self-employed in BODYSculp Ltd, his own personal training business, with a wide
range of clients using his nutrition knowledge daily. He deals with his clients as individuals and
helps to structure their eating and exercise patterns as a personal trainer.
Tane Cassidy, BPhEd, BSc
Policy analyst with Te Puni Kokiri (Ministry for Maori Development), Wellington
Tane’s work involves development of quality advice (policy) on the relationship of the Crown with Maori, service and delivery of social policy (covers health, education, labour resources, housing etc.), participation in interdepartmental committees, briefing the minister of Maori Affairs on social policy issues, responding to ministerials concerning social policy issues, and participating in policy projects - design, implementation and evaluation.

Kylie Jessop BSc
Health Promotion Coordinator with the National Heart Foundation, Southland
Since graduation Kylie has worked within the Department of Human Nutrition, Department of Medical and Surgical Science and the School of Physical Education on a range of research projects. In June 2011 she began the role of Health Promotion Coordinator with the National Heart Foundation in the Invercargill/Southland region. Her main role is to promote nutrition and physical activity within schools and early childhood centres, and to help them in working towards achieving a 'Healthy Heart Award'. Coupled with this, she is involved in a range of other fundraising and health promotion events through the National Heart Foundation. “My undergraduate degree provided me with a sound knowledge of the science of nutrition, and through working within the University I learned valuable skills that allowed me to communicate my knowledge to others, and thus to be able to effectively work as a health promoter.”
Kylie now works for the Nestle Foundation in Australia.

Cecileah Inns BSc, PGDipDiet, Registered Dietitian
Dietitian/Health Promoter – Diabetes Life Education, Community and Public Health, Canterbury District Health Board
Her responsibilities include taking group education sessions, in conjunction with the Diabetes Centre, with the Maori nurse and health worker. She also lectures student nurses about the nutritional management of diabetes, delivers group education classes and is developing resources for diabetes prevention. In her public health role Cecileah has helped to co-host a healthy cooking show and talked on local radio stations about diabetes and nutrition. She loves the variety in her work and the wonderful people she meets. It is extremely rewarding to feel you are making a different to people’s lives.
When Cecileah first graduated she worked for Pegasus Health in Christchurch. She was involved in the development and delivery of a position to help Maori and provide dietary and lifestyle advice in the general practice setting. This provided her with valuable insights into primary care and some of the issues Maori face when accessing health care. It also allowed her to develop a diabetes prevention video and workbook for Maori.

Amy Liu BSc PGDipDiet, Registered Dietitian
Clinical dietitian, Hawkes Bay District Health Board
Amy is involved in conducting nutritional assessment, treatment, education and follow-up of hospital patients with a variety of medical conditions. She works as part of a multidisciplinary team to offer appropriate nutritional support. Amy is currently conducting a clinical trial for rehabilitation patients
with constipation. In the community Amy contributes to a cardiac rehabilitation programme and conducts outpatient clinics in Hastings and Wairoa. She is developing a programme for weight loss to use with outpatients. She is also responsible for updating nutrition policies and menus, and educating health professionals on nutrition-related topics. Amy loves the interaction with people and finds her job exciting and rewarding.

**Victoria Landells BSc, PGDipDiet, Registered Dietitian**

Nutrition Advisor, Food Standards Australia New Zealand (FSANZ)

FSANZ is the regulatory body responsible for developing and amending food standards in New Zealand and Australia, under the Australia New Zealand Food Standards Code. The role of a Nutrition Advisor is to undertake research and make recommendations on a variety of nutrition matters that are relevant to current applications and proposals. This requires keeping up-to-date with a large number of nutrition issues in NZ, Australia and world-wide. Communication is very important and much time is spent liaising with industry, professionals, government agencies, non-government agencies and consumer groups to provide advice as well as gain information.

**Dave Monro BSc, PGDipDiet, Registered Dietitian**

Food Industry Setting Manager, National Heart Foundation of New Zealand, Auckland.

Dave leads a team of nutritionists and dietitians who work closely with the food industry to improve the formulation of food and the availability of healthier food choices. This involves implementing health programmes including Pick the Tick, Tips on Chips (a training programme to improve fast food operators’ deep frying techniques) and Heartbeat Catering. He is a registered dietitian, a fully trained chef and has a strong foodservice background. Prior to joining the Heart Foundation in 2001, Dave was the National Dietitian for Heinz Wattie's Australasia, where he interfaced with both the technical and marketing teams throughout Australasia in many aspects of nutrition and food legislation.
Soana Muimuiheata  BSc, BCapSc, PGDipDiet, Registered Dietitian
Dietitian, South Seas Health Care - a Pacific Island Health Provider in Auckland

Soana’s responsibilities involve providing nutrition and dietary services for patients, mainly Pacific people, referred from doctors, public health nurses, nurses in schools, dietitians, psychologists, teachers, parents, self-referrals. The number of referrals in the area of childhood obesity is increasing and Soana, as part of a multi-disciplinary team is involved in developing care plans for the children and their families. She also runs an outreach programme providing nutrition education for community groups, church groups and the elderly.

Jamie Wan BSc, PGDipDiet
Clinical and Foodservice Liaison Dietitian

After graduating with a PGDipDiet, Jamie secured a position at North Shore Hospital as a Clinical and Foodservice Liaison Dietitian. This allowed her to build on both the clinical and foodservice experiences that she gained at Otago. Her qualifications have taken her around the world and she is currently working for a large foodservice company in the UK, looking after a three-hospital contract where she is responsible for menu development, training foodservice staff and managing a team of cooks who produce special meals for patients. Through this role Jamie was seconded to the management team catering for athletes at the London 2012 Olympics.

“The teaching staff at Otago are incredibly knowledgeable, supportive, and provided helpful guidance to me during my studies. Hands on practical experiences such as taking over the kitchen operation for a dinner service gave me an insight into what it takes to run a catering operation. I really enjoyed my time there and have found that my studies have provided me with a solid foundation for working in the ‘real world’.”

Christina Heere BSc, PGDipSci, PGDipDiet
Dietitian, Middlemore hospital

“Since finishing Dietetic training I have been working as a rotational dietitian at Middlemore Hospital. I have had the opportunity to cover many areas of dietetic practice from plastic surgery and orthopaedics to strokes and eating disorders. My job is incredibly rewarding and has provided me with the opportunity to work closely with other health professionals including doctors, physiotherapists, pharmacists and speech and language therapists. The Nutrition and Dietetic Department at Otago gave me the foundations to provide optimal nutrition care to my patients.”

Rosie Gordon BSc, MSc
Smokefree Regional Programme Leader, Public Health South

Rosie provides regional leadership, management and coordination for smokefree activity across the southern DHB region. Specifically it includes developing a regional tobacco control plan (e.g. what is the DHB going to do to address smoking in its communities, and how it will do it), ensuring it delivers on Ministry of Health smokefree contracts, and also providing local leadership for one of the national health targets - Better Help for Smokers to Quit. Rosie also manages the DHB's Smokefree Coordinators who work across the nine hospitals and primary care settings to train health professionals in smoking cessation. “The skills I learned while doing my master’s have been invaluable for the planning and project management side of my job, and personnel management is something I've learned on the job.”
Prior to taking on the Smokefree role, Rosie worked as the Otago Regional Healthy Eating Healthy Action (HEHA) Manager, supporting the development, implementation and management of projects in Otago that will reduce obesity through improving nutrition and increasing physical activity.

**Aimee Burns PGDipDiet, MSc, Registered Dietitian**

Sports and health dietitian

Aimee is a New Zealand Registered Dietitian and has a Master’s degree in Nutrition from the University of Otago. Aimee is also an ISAK Level 1 Accredited Anthropometrist (body composition testing) and a Nutrition Provider for the New Zealand Academy of Sport, where she is the Lead Nutritionist for the Canterbury Rugby Academy and the New Zealand Under 21 Netball Team. Aimee specializes in sports nutrition and she has a wide range of experience dealing with athletes from both team and individual sports. Aimee’s interest areas are nutrition research, performance and competition nutrition, eating to optimism energy levels and mostly importantly healthy eating and disease prevention through nutrition.

**Jenny Campbell BCApSc, MSc**

Regulatory Strategist, Fonterra

The role involves interpreting food laws in the different countries that Fonterra exports to (eg US, China, Europe) and translating this into what sort of claims, labeling etc can be put on various products ranging from yoghurt, cheeses to milk proteins, functional and paediatric nutrition products. Fonterra is an international company and has many offices around New Zealand. The role involves a fair amount of travel, which she really enjoys.

After graduating Jenny worked in London for the Food Standards Agency as a nutritionist on their Saturated Fat & Energy Intake Programme. This involved working with food industry partnership groups to set up a campaign to raise public awareness about sources of saturated fat in the diet and to encourage healthier options.

**Alison Bradshaw BPhEd (Hons), BSc, MSc**

Research Associate in the School of Kinesiology and Health Sciences, Queen’s University, Kingston, Ontario, Canada

Alison is part of a research group of 15-20 who are working on the prevention and reduction of abdominal obesity and related co-morbid conditions such as insulin resistance, through development of lifestyle-based strategies.

**Kylie Smith BSc, MSc**

Study coordinator for a joint project between Menzies Institute, Department of Education, Faculty of Education, Murdoch Children’s Institute and the Department of Paediatrics and Child Health, Hobart, Tasmania

Kylie’s role is to screen school children with low literacy in Southern Tasmania for binocular vision problems. Those children found to have these problems are eligible for a randomised control trial comparing three programmes designed to improve children’s reading. This research will be the basis for her PhD.
Christina McKerchar BCapSc, MSc
National Coordinator, Agencies for Nutrition Action, New Zealand

Christina (Ngati Kahungunu, Ngati Porou) graduated from Otago University with BCapSc in Human Nutrition and worked for five years as a nutrition advisor for Te Hotu Manawa Maori. She also completed a Master of Science degree, majoring in Community Nutrition, based on her work at Te Hotu Manawa Maori.

Her current role as National Coordinator focuses on supporting networking and co-ordination through continuing to expand the organisation's website, producing ANA's newsletters and organising ANA nutrition and physical activity forums throughout New Zealand. She played a "hands on" role in the organisation of a national nutrition and physical activity public health conference in 2005. Her other focus includes supporting national hui, and national fono.

Christian Thoma BSc, MSc
Senior Nutritionist, Food Standards Australia New Zealand

After completing his MSc, Christian worked as a Senior Nutritionist in risk assessment, Public Health Nutrition, with Food Standards Australia New Zealand, Wellington. This role involved conducting evidence-based scientific assessment of risks and benefits associated with a variety of potential changes to the Food Standards Code. There was a strong emphasis on working as part of an interdisciplinary Trans-Tasman team, and consulting with external experts in relevant fields across international borders.

Charlotte Adank BPhEd, BSc, MSc
Public Health Analyst, Otago District Health Board

This position involves providing public health expertise in the decision making processes of the District Health Board. Charlotte works with the Ministry of Health to support public health providers in the Otago region. Her work also involves qualitative and quantitative analysis of the Otago DHB population health information and data, and of health inequalities including specific issues for Maori and Pacific people. She is involved in planning, researching, assessing and presenting policy and programmes and also contributes to Southland and Otago DHB prioritisation decisions.

Glenn Kearney BPhEd/BSc, MSc
All Black and New Zealand Rugby Union High Performance Nutritionist, 2003-7

Glenn’s role took him around the world with the Rugby Union and other sports people, developing nutrition education for athletes, looking into safe supplementation programmes for elite players, and maximising recovery from intensive rugby campaigns. “The quality of the facilities and teaching staff in these areas at Otago, exposure to top researchers and also the pool of like-minded young people within the Otago campus – these things have been a huge benefit to my career.”

Nikki Hart MSc PGDipDiet, Registered Dietitian
Private Practice Dietitian, Sport and Health Dietitians, Auckland

In 1996 Nikki established a successful private nutrition practice in Auckland, working with weight loss and eating disorder clients, and has built up a strong following of sports clients. She operates
Sport and Health Dietitians and has a website providing nutrition information. Nikki is also a nutrition consultant for the New Zealand Academy of Sport, Sports Science New Zealand and various food companies. As well as lecturing at the Auckland University of Technology and Massey University, Nikki enjoys media roles with television and regularly contributes to popular magazines and promotes healthy eating in a fun and practical way.

**Claire Smith BSc, MSc, PhD**

Research Fellow, Otago University

On completing her MSc Claire spent two years working as a Research Fellow on the Children’s Nutrition Survey. This was a great opportunity to be involved in a large survey from start to finish. Claire mainly worked on the 24 hour diet recall component of the survey.

After moving to England she secured a job as a nutritionist in the head office of a large supermarket chain (ASDA). This was a varied role and involved working closely with technical and marketing teams on nutrition labelling, customer information and website and Government schemes to reduce fat and salt in food.

Claire has just completed her PhD and is now working as a Research Fellow in the Department of Human Nutrition.

**Ewa Szymlek-Gay, BSc, PhD**

Lecturer, Deakin University, Australia

After completing her PhD in food-based strategies to improve dietary iron intake and biochemical iron status in 12-24 month old New Zealand children, Ewa was awarded a three-year postdoctoral fellowship research to investigate iron requirements and iron metabolism in infants. She used a randomised controlled trial in 6-month old infants to investigate iron absorption from infant formula, and to determine whether the mode of iron administration (supplementation vs. fortification) and the amount consumed (high intakes vs. low intakes) affect iron absorption, iron utilisation, and zinc absorption. She also used a population-based prospective cohort study to determine how early nutritional patterns in very low birth weight, extremely premature infants affect cognitive and behavioural development, growth, obesity, morbidity, and risk factors for cardiovascular disease.

In 2012 Ewa took up a teaching position in Human Nutrition at Deakin University, Australia.

**Francesca Crowe BSc, PhD**

Postdoctoral Fellow (Girdlers NZ HRC Fellow), Cancer Epidemiology Unit, University of Oxford, UK

Francesca is conducting research in the field of nutritional epidemiology where she is investigating the nutritional determinants of diseases such as cardiovascular disease and cancer. Studying Human Nutrition at the University of Otago provided her with a comprehensive understanding of the field of nutritional and dietary assessment, which are fundamental to her work. She was also able to develop generic skills such as critical appraisal, statistical analysis, and communication when conducting a PhD at the department of Human Nutrition.
Leanne Hodson BSc (Hons), PhD
Research Fellow, University of Oxford, United Kingdom

Leanne works in a group that has an interest in human whole body integrative physiology with a specific interest in lipid metabolism and adipose tissue function. Her specific research studies involve the use of stable isotope and immune-affinity techniques to study human metabolism.
STAFF RESEARCH INTERESTS

Dr Katherine Black  Sports nutrition; fluid and electrolyte balance, hydration and performance

Dr Rachel Brown  Nuts and health; energy metabolism; sports nutrition; lipid metabolism

Dr Alex Chisholm  Relationship between alteration in dietary components and reduction in cardiovascular disease risk; health benefits of nuts, especially hazelnuts; diet in type 2 diabetes/multiple sclerosis; nutrition in the elderly

Mrs Rebecca Cooke  Sports nutrition; anthropometry and body composition; obesity resistance versus obesity susceptibility; weight control and fad diets

Ms Penny Field  Evidence-based health policy, food and nutrition policy; use of social marketing practices in the health sector; dietetic education and reflective practice

Professor Rosalind Gibson  Aetiology and functional health consequences of micronutrient deficiencies in “high risk” population groups in low income countries. Micronutrient intervention strategies for low income countries, with emphasis on food-based strategies

Dr Anne-Louise Heath  Aetiology, dietary treatment and functional health consequences of iron deficiency and overload states; role of nutrition in children’s health; breastfeeding; the nutrition of other minerals, in particular zinc

Assoc Prof Caroline Horwath  Psychological influences on eating habits and weight gain, and implications for the design of effective health promotion programmes; women's health promotion; innovative approaches to the management of overweight and obesity; psychological models of eating behaviour change

Dr Lisa Houghton  Micronutrient health, including folate, vitamins B and D with a particular emphasis in the area of maternal and child nutrition; impact of folate fortification on dietary intakes and blood status; assessing the prevalence and consequences of vitamin D deficiency/insufficiency during pregnancy, lactation and early life

Dr Louise Mainvil  Public health nutrition interventions (programme planning and evaluation); psychological, social, cultural, environmental and economic influences on dietary behaviours; innovative nutrition communication; qualitative and quantitative research methodologies
Professor Jim Mann  Lipids and carbohydrates as they relate to coronary heart disease and diabetes; obesity; role of obesity as a cause of cancer

Assoc Prof Winsome Parnell  National nutrition surveys; poverty and nutrition; food security; maternal and infant nutrition; Pacific Islands nutrition; nutrition policy

Dr Tracy Perry  Effect of glycaemic index on recovery metabolites, immune function measures and performance in endurance trained athletes; comparisons in glycaemic and insulinaemic responses (and glycaemic index) between trained and untrained, in both young and elderly individuals

Professor Murray Skeaff  Nutritional properties and health effects of vitamin D, folate, and fats and oils; health effects of fats and oils on cardiovascular disease; cognitive function in older people, folate and neural tube defects, to assessing the vitamin D status of New Zealanders

Assoc Prof Sheila Skeaff  Micronutrients, in particular iodine; assessment of iodine status in the population; clinical trials of iodine and health; international nutrition, particularly of women of child-bearing age; sustainability and nutrition

Dr Paula Skidmore  Determinants of food choice and physical activity throughout the life course and how this relates to risk of chronic conditions such as cardiovascular disease, diabetes and obesity; novel research tools

Dr Lisa Te Morenga  Effects of macronutrient composition (dietary fibre, protein and sugars) on physiological endpoints associated with increased risk of preventable diseases including obesity, the metabolic syndrome, diabetes and cardiovascular disease

Dr Bernard Venn  Folate; carbohydrates as they relate to chronic disease prevention and treatment; glycaemic index, glycaemic load; satiety of foods; folate and vitamin B12
STUDENTS WITH DISABILITIES

If you have a disability or condition that may adversely affect your studies please let your lecturer or tutor know. They are reliant on you to make your needs known, and will try to meet these needs wherever possible. The Department of Human Nutrition has a staff member, Louise Mainvil, whose responsibility it is to advise and advocate on behalf of students with disabilities and provide additional support in conjunction with the Disabilities Office. You can contact Louise by Telephone 479 7959 or Fax 479 7958.

COURSE ADVICE

Students at school and considering studying Human Nutrition at University are recommended to choose Chemistry, Biology and Mathematics at school. It is preferable to have studied these to Year 13.

Students may major in Human Nutrition in a BSc or major in Sport and Exercise Nutrition in a BAAppSc degree.

The papers that must be included in a degree in order to major in Human Nutrition are:

- BIOC 192
- HUBS 191 and 192
- CHEM 191
- CELS 191
- HUNT 221, HUNT 222, HUNT 223
- HUNT 311, HUNT 312, HUNT 313, HUNT 314

Students who intend to major in Human Nutrition are required to take approved courses in Biochemistry and Physiology (BIOC 230 or 223; PHSL 251). A statistics paper at 100-level is also recommended (STAT 110 or 115). These requirements make up 84 credit points, a further 36 credit points is needed to complete a Bachelor’s degree. These will be made up of subjects of the student’s choice, depending on career interests.

The advice given to any individual student who wishes to major in Human Nutrition will vary according to the proposed career of that student.

General course advice       Ms Madeline Sim
Dietetics advice            Dr Julie Weaver
Distance Learning advice    AP Caroline Horwath
Sports Nutrition advice     Dr Tracy Perry
GENERAL ENQUIRIES

Madeline Sim OR Department of Human Nutrition
Administrative Secretary, University of Otago
Department of Human Nutrition, P O Box 56,
7th Floor, Chemistry Building DUNEDIN 9054
Phone (03) 479 7960 human-nutrition@otago.ac.nz

To enquire about a specific paper please contact the appropriate paper coordinator.