

Postgraduate Study

Human Nutrition

POSTGRADUATE



UNIVERSITY
of
OTAGO
Te Whare Wānanga o Ōtāgo
NEW ZEALAND

The Department of Human Nutrition offers postgraduate qualifications for health and education professionals, both in New Zealand and overseas, who want to update their nutrition knowledge and skills in order to enhance the service they provide.

Note: These are academic rather than professional qualifications. They do not prepare participants to practice as dietitians.

A background in nutrition is not necessary; however, a background in biological sciences is required (e.g. biology, physiology, biochemistry).

Papers

There are four distance-taught papers that can be studied individually as part of other Health Sciences qualifications, or together towards a postgraduate qualification endorsed in Human Nutrition.

NUTN 401 Principles of Human Nutrition

An overview of macronutrients and micronutrients, including analysis of topical research specific to each nutrient. Assessment of nutritional status, with particular emphasis on dietary assessment and interpretation.

NUTN 402 Nutrition and Health Promotion

Develops skills to facilitate eating behaviour change by learning to apply behavioural theories to eating behaviour.

NUTN 404 Nutrition and Chronic Disease

A critical and in-depth analysis of current and topical issues in the role of nutrition in chronic disease, specifically heart disease, diabetes, obesity and cancer.

NUTN 407 Advanced Sports Nutrition

A critical and in-depth analysis of current and topical issues in the nutritional aspects of exercise, performance and sport.



Qualification		
Postgraduate Certificate in Health Sciences (endorsed in Human Nutrition)	2 x 30-point distance taught papers	NUTN 401 and one of NUTN 402, 404 or 407
Postgraduate Diploma in Health Sciences (endorsed in Human Nutrition)	4 x 30-point distance taught papers	NUTN 401 and at least two of NUTN 402, 404 or 407; further approved papers to the value of 30 points may be taken
Master of Health Sciences (endorsed in Human Nutrition)	Thesis option	NUTN 401; two of NUTN 402, 404 or 407; approved research methods paper(s) to the value of 30 points; and a thesis (120 points)
Master of Health Sciences (endorsed in Human Nutrition)	Coursework option	NUTN 401; at least two of NUTN 402, 404 or 407; approved research methods papers to the value of 30 points; further approved paper(s) to the value of 60 points may be taken; and a research dissertation (60 points)

FOR MORE INFORMATION, CONTACT:

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