

DISTANCE LEARNING

POSTGRADUATE



Postgraduate Study in Human Nutrition

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Human Nutrition
Te Tari Kai Tōtika Takata



Postgraduate Study in Human Nutrition

The Department of Human Nutrition, University of Otago offers postgraduate study in Health Sciences qualifications.

These programmes and papers are designed 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.

- General practitioners
- Nurses
- Pharmacists
- Physiotherapists
- Dentists
- Public health professionals
- School teachers with a background in biological sciences (e.g. Physical Education teachers, Food Technology or Home Economics teachers)

Note:

These are academic rather than professional qualifications.

They do not prepare participants to practice as dietitians.

PAPERS AND PROGRAMMES AVAILABLE

There are four distance taught papers within the suite. They can be studied individually as part of other Health Sciences qualifications, or together they can be used to enrol in a programme endorsed in Human Nutrition.

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

PAPERS

Principles of Human Nutrition (NUTN 401)

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.

Nutrition and Health Promotion (NUTN 402)

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

Nutrition and Chronic Disease (NUTN 404)

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.

Advanced Sports Nutrition (NUTN 407)

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

PROGRAMMES

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 two of NUTN 402, 404 or 407; further approved papers to the value of 30 points
Master of Health Sciences (endorsed in Human Nutrition)	Thesis option	NUTN 401; two of NUTN 402, 404, 407; approved research methods papers to the value of 30 points; and a thesis (120 points)
Master of Health Sciences (endorsed in Human Nutrition)	Coursework option	NUTN 401; two of NUTN 402, 404, 407; approved research methods papers to the value of 30 points; further approved papers to the value of 60 points; and a research dissertation (60 points)