



POSTGRADUATE



Master of Dietetics

Improving health and changing lives

"I love my current role working with the Auckland Diabetes Centre and wouldn't have had this opportunity had I not done the Master of Dietetics programme at Otago. I feel the course has really prepared me to front up to any challenge. I am now confident in my ability to learn and adapt to new situations and roles."

Garren Espin
Diabetes Dietitian

Nutrition – the future of medicine. Despite the relentless progress of pharmaceutical and medical science, healthy eating remains one of the best ways to prevent illness and promote wellbeing.

Dietitians are registered health professionals who are clinically educated and trained to be nutrition experts. They translate current scientific research on nutrition, health and disease into practical guidance to enable people to make appropriate lifestyle and food choices.

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Is Dietetics right for you?

Do you want to make a difference in peoples' lives? Dietetics gives you the knowledge and skills to facilitate food and lifestyle changes that will help support improved health.

Do you have a passion for food? Dietitians combine food and science to provide practical solutions to help people lead healthier lives.

Do you like working with people? Dietetics is a people focused profession. There are career opportunities within the profession where you will work with individuals, communities and populations as well as other health professionals.

Do you want an internationally recognised qualification with a broad range of job opportunities? As a graduate of the MDiet programme you will have a wide range of potential career opportunities including: working in hospitals, the community, private practice, government and non-government agencies as well as other healthcare services. Our graduates take up career opportunities all around the world!

Do you want the security of a legally protected profession? Dietitian is a legally protected term, only dietitians can work in clinical healthcare settings.

Why Otago?

Otago University has the largest fully accredited dietetic training programme in New Zealand.

Practical hands on learning from day one

Our students spend time in authentic practical environments such as hospitals, clinics, childcare centres and aged care facilities. These placements start right within the first 2 weeks of the programme.

Learn alongside other health professionals

Throughout the dietetic programme students have the opportunity to work and learn alongside other health professional students including dentistry, pharmacy, occupational and physiotherapists.

Small group learning

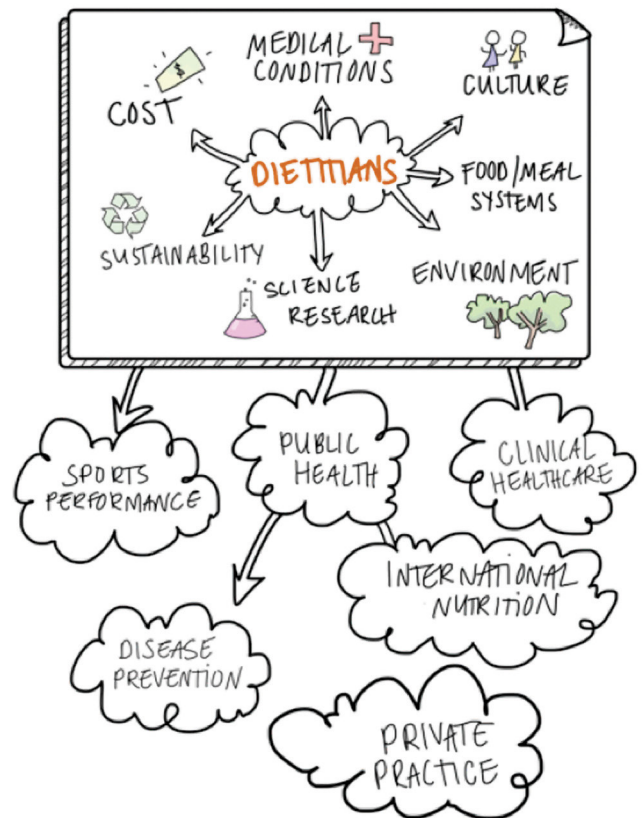
Our teaching focuses on small group based learning in a supportive environment.

Placements around the country

The Masters of Dietetics is a two year masters degree. The first year is spent in Dunedin. In the second year we offer professional placements around the country.

Learn from experts in their fields

We have a dedicated team of experienced dietitians with extensive professional experience who support you through your studies. Our links to the Otago medical school, high performance sport and the World Health Organization mean our students learn from internationally renowned experts!



Department of Human Nutrition,
University of Otago

PROFILE Josephine Greer

Josephine wanted a Masters degree that enabled her to work as a healthcare professional. She chose dietetics because everyone around her knew how much she loved food and suggested nutrition could be a good option for her.

She decided on Otago because it was the most established dietetic programme that had produced some of the most respected dietitians of the profession. She also valued the opportunity to meet with patients so early on in the course.

'What was special about the MDiet programme was the level of contact you had with your lecturers and tutors. The tutors really invest a lot in your learning and really want you to succeed. I found that the tutors invested in you both personally and professionally and I still have contact with them even though I am no longer a student.'

Josephine's first job was at Wanganui District Health Board as a graduate dietitian, this was a general role which allowed her to work in

a number of different areas. But when an opportunity arose to move back to Dunedin to work in private practice, she jumped at the chance.

'The Otago programme has taught me resilience and it really gives you the tools to learn from your mistakes which really helped me improve. I also value the counselling skills I learned, they really help me motivate and connect with clients who want to change their eating behaviours.'

'The MDiet programme gives you a broad range of clinical specialities which has allowed me to cope with private practice where people have a wide range of nutritional concerns.

Learning how to take the evidence and translate that into nutritional advice has been key to helping people

When they leave your private practice door, people feel positive about their health and nutrition.'



For questions about
Master of Dietetics
otago.ac.nz/humannutrition

