

B.Sc. (Hons) Human Nutrition and Dietetics

(effective from 2021)

Scheme of Studies

Course No.	Title of Course	Credit Hours
1st Semester		
ENG -301	Composition and Communication Skills	3(3-0) CC
CS-301	Computer Science and Information Technology	2(0-2) FC
HND-301	Micronutrients in Human Nutrition	3(3-0) FC
HND-303	Assessment of Nutritional Status	3(2-1) MC
HND-305	Macronutrients in Human Nutrition	3(3-0) FC
HND-307	Metabolism of Nutrients	2(2-0) MC
PHYSIO-301	Human Physiology-I	3(2-1) FC
		19(15-4)
2nd Semester		
SSH-302	Pakistan Studies	2(2-0) CC
STAT-302	Introductory Statistics	2(2-0) CC
SOC-302	Fundamentals of Sociology/Behavior	3(3-0) GC
BIOCHEM-302	Clinical Biochemistry	3(1-2) GC
PHYSIO-302	Human Physiology-II	3(2-1) FC
HND-302	Public Health Nutrition	3(2-1) MC
HND-304	Nutritional Deficiency Disorders	3(3-0) MC
UAM-301	Social and Religious Tolerance	2(2-0) Audit
		19(15-4)
3rd Semester		
IS-401/SSH-402	Islamic Studies/Ethics (for Foreigners / Non-Muslims)	3(3-0) CC
BIOTECH-401	Basics of Molecular Biology and Biotechnology	2(2-0) GC
FST-419	Food laws and regulations	3(3-0) MC
ANAT-401	Human Anatomy	3(2-1) FC
PHARM-401	Pharmacology-I	3(3-0) MC
HND-401	Nutrition and Psychology/Behavior	3(3-0) MC
HND-403	Preventive Nutrition	3(3-0) MC
UAM-302	Citizenship Education and Community Engagement	3(2-1) Audit
		20(18-2)
4th Semester		
FST-402	Essentials of Food Science and Technology	3(2-1) FC
PATH-402	General Human Pathology	3(2-1) FC
PHARM-402	Pharmacology-II	3(3-0) MC
HND-402	Nutrition Through the Life Cycle	3(3-0) MC
HND-404	Nutritional Immunology	3(3-0) MC
HND-406	Nutrition Epidemiology	3(3-0) MC
HND-408	Nutrition Policies and Programs	3(3-0) MC
		21(18-3)
5th Semester		
FST-501	Principles of Human Nutrition	3(3-0) FC

FST-503	Food Microbiology	3(2-1) GC
FST-511	Food Analysis and Sensory Evaluation	3(2-1) GC
HND-501	Functional Foods and Nutraceuticals	3(3-0) MC
HND-503	Nutritional Education and Awareness	3(2-1) FC
HND-505	Nutrition Through Social Protection	2(2-0) MC
HND-507	Dietetics-I	3(2-1) MC
		20(16-4)
6th Semester		
HND-502	Dietetics-II	3(2-1) MC
HND-504	Drug-Nutrient Interactions	2(2-0) MC
HND-506	Food Supplements	2(2-0) MC
HND-508	Research Methods in Nutrition	3(1-2) MC
HND-510	Meal Planning and Management	3(2-1) MC
		13
Elective		
HND-512	Water safety in Developing World	3(2-1) EC
HND-514	Food Toxins and Allergens	3(3-0) EC
HND-516	Sports Nutrition	3(2-1) EC
FST-502	Food Chemistry	3(3-0) EC
		6
		19
7th Semester		
FST-619	Food Safety and Quality Management	2(2-0) GC
HND-601	Dietetics-III	3(2-1) MC
HND-603	Nutritional Practices in Clinical Care	3(2-1) MC
HND-605	Global Food Issues	3(3-0) MC
		11(7-4)
Elective		
HND-607	Nutrition in Emergencies	3(3-0) EC
HND-609	Genetically Modified Foods and Food Diversification	3(3-0) EC
HND-611	Infant and Young Child Feeding	3(2-1) EC
		6
		17
8th Semester		
HND-602	Internship/Project	6(0-6) MC
		6(0-6)

Total Credit Hours = 141

- The courses related to medical sciences will be taken by the faculty from Nishtar Medical University and Remaining will be taken by the faculty from MNS-University of Agriculture, Multan with mutual understanding