



LUND
UNIVERSITY

Faculty of Medicine

MPHP33, Public Health: Public Health Nutrition, 7.5 credits

Folkhälsovetenskap: Folkhälsonutrition, 7,5 högskolepoäng

Second Cycle / Avancerad nivå

Details of approval

The syllabus was approved by The Master's Programmes Board on 2019-04-29 and was last revised on 2020-03-31. The revised syllabus applies from 2020-04-01, autumn semester 2020.

General Information

Elective course in the Master's programme in public health (120 credits)

Language of instruction: English

Main field of studies

Public Health Science

Depth of study relative to the degree requirements

A1N, Second cycle, has only first-cycle course/s as entry requirements

Learning outcomes

Knowledge and understanding

On completion of the course, the students shall be able to

- discuss the main public health nutrition challenges
- account for terminology in human nutrition and metabolism
- explain how diet is a complex exposure and how this influence the reasoning regarding public health challenges
- discuss and compare different dietary assessment methods
- explain how diet effects health.

Competence and skills

On completion of the course, the students shall be able to

- Analyse and suggest solutions to complex phenomena in public health nutrition

- identify nutrition challenges and the methods that could be used to tackle these challenges from a public health perspective
- identify and collect nutrition guidelines, both on national and international level, and discuss the knowledge and the arguments underlying these.

Judgement and approach

On completion of the course, the students shall be able to

- Reflect on the possibilities and limitations and ethical aspects of nutrition research,
- reflect on the role of nutrition in public health.

Course content

The course intends to give an in-depth knowledge to the field of public health nutrition and stretches over fields such as human nutrition, epidemiology and public health and how they relate to nutrition research. The course content is divided into four main topics: (1) Introduction to human nutrition, including an introduction to the main concepts, (2) an overview of the most common methods that are used in public health nutrition (3) global aspects in public health nutrition, including nutrition transition and nutritional aspects of the sustainable development goals, and (4) an overview about how public health nutrition can be applied in health promotion, including how science in the area can be turned into guidelines and practical applications.

Course design

The course contains lectures and seminars. Seminars are compulsory course components.

Assessment

The course consists of two exam modules. Exam module 1 is an individual written examination (5 credits). Exam module 2 is a course portfolio (2.5 credits), which consist of active participation in seminars, including an individual oral presentation of an individual project.

If there are specific reasons, other forms of assessment may be applied.

The examiner, in consultation with Disability Support Services, may deviate from the regular form of examination in order to provide a permanently disabled student with a form of examination equivalent to that of a student without a disability.

Subcourses that are part of this course can be found in an appendix at the end of this document.

Grades

Marking scale: Fail, Pass, Pass with distinction.

To obtain the grade Pass in the course, the student should have achieved the grade Pass on both the exam modules

To obtain a course grade of Pass with distinction, it is required that the student, in addition to have achieved the grade Pass on the course portfolio also have achieved the grade Pass with distinction on the individual written examination.

Entry requirements

To be admitted to the course, students must have a Bachelor's degree or the equivalent. Specific entry requirement: English B from Swedish upper secondary school or the equivalent.

Subcourses in MPHP33, Public Health: Public Health Nutrition

Applies from H19

- 1901 Individual Written Exam, 5,0 hp
Grading scale: Fail, Pass, Pass with distinction
- 1902 Course Portfolio, 2,5 hp
Grading scale: Fail, Pass