



Faculty of Medicine

## **MPHP33, Public Health: Public Health Nutrition, 7.5 credits**

*Folkhälsovetenskap: Folkhälsonutrition, 7,5 högskolepoäng*

**Second Cycle / Avancerad nivå**

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### **Details of approval**

The syllabus is an old version, approved by The Master's Programmes Board on 2019-04-29 and was valid from 2019-04-30, autumn semester 2019.

### **General Information**

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

*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 challenges in public health nutrition
- account for terminology in nutrition and metabolism
- explain how diet is a complex exposure and how it influences the reasoning regarding public health challenges
- discuss and compare different methods of measurement in public health nutrition
- explain how diet effects health.

#### **Competence and skills**

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

- describe, analyse and suggest solutions to complex phenomena in public health nutrition
- independently identify nutrition challenges and which methods that should be able to be used to tackle these challenges from a public health perspective

- independently identify and collect guidelines about good nutrition on both national and international level as well as to be able to discuss the knowledge and the arguments underlying these.

### **Judgement and approach**

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

- relate to ethical aspects in the nutrition in general and in public health nutrition in particular,
- reflect on the possibilities and limitations of public health nutrition and its role in society.

### **Course content**

The course intends to give an in-depth knowledge to the field of public health nutrition and stretches over fields such as diet biology, epidemiology and public health and how they relate to nutrition. The course content is divided into four main areas of study: (1) Introduction to nutrition that includes an introduction to both the main concepts and the processes, (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 is included in the health promotion toolbox including how science in the area can be turned into guidelines and practical applications.

### **Course design**

The course contains lectures, seminars and oral student presentations. Seminars and oral student presentations 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 includes to individually and orally present an individual project and active participation in seminars.

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