

## **BSc (Hons) Nutritional Sciences – 3 years full-time SC527**

### **1. Introduction**

Nutrition has become a topic of great interest for a wide population from healthcare professionals to consumers. Nutritional Sciences explore the metabolic and physiological responses of the body to diet. Much remains to be learned about how the optimal functioning of the body is influenced by diet. Addressing these problems requires nutritionists to work with specialists in various healthcare areas.

Nutritional Sciences encompass both preventive and curative aspects of human health and address various health conditions and diseases with the aim of improving the nutritional status of an individual or population while promoting a good quality of life.

### **2. Rationale and Objectives**

This programme offers key knowledge and appropriate skills and prepare the student in the field of Nutritional Sciences. Nutritional Sciences continue to be of paramount importance in the preventive side of medicine leading to Medical Nutrition Therapy, which has acquired much popularity due to the increasing number of cases of non-communicable diseases as well as other nutrition-related diseases worldwide.

#### **2.1 Specific Programme Objectives**

- Integrate theoretical knowledge acquired during lectures and practicals into nutritional interventions.
- Develop critical thinking skills that will assist them in the nutritional assessment as well as in the nutritional management of diseases.
- Develop analytical skills, which are of fundamental importance in nutrition research, proximate analysis and for product development.
- Acquire food production and food processing knowledge and techniques through lectures and practicals.
- Undergo placements and training in nutrition-related institutions and acquire knowledge from the operations/procedures of food industries.
- Develop good communication skills throughout the programme.

### **3. General Entry Requirements**

As per General Entry Requirements for admission to the University of Mauritius for undergraduate degrees.

### **4. Programme Requirements**

Credit in at least five subjects (School Certificate) including Biology, Chemistry and Mathematics or any other equivalent qualification(s).

Pass at GCE 'A' Level (or any other equivalent qualification(s)) in three science subjects including Chemistry. Food Studies and Mathematics will count as science subjects. Those not holding Biology at 'A' level will need to take Foundation Course in Biology during the first year of the programme. Minimum 'A'-level score should be a 16-aggregate score.

## 5. Programme Duration (Full Time)

BSc (Hons) Nutritional Sciences	<b>Normal</b> 3 Years	<b>Maximum</b> 5 Years
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## 6. Minimum Credits Required for Awards

BSc (Hons) Nutritional Sciences	112 credits
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## 7. Assessment

Each module will be assessed over 100 marks (expressed as %) with details as follows:

Assessment of a module will be based on a written examination (2-hour duration for 3 credit modules) and on continuous assessment done during the semester. The continuous assessment will count for 40% of the overall percentage mark for the module, except where the structure makes for other specific provision(s). Continuous assessment is based on practicals, and/or assignments and should include at least 1 class test. Modules will be assessed at the end of the semester in which they are taught. Candidates should attain an overall total of 50% to pass a module.

### Practical Work and Continuous Assessment

#### a. Assessment of Foundation Course

The assessment for Foundation Course in Biology will be based on both written examination and on continuous assessment(s). Successful completion of the course will result in a Grade S.

#### b. Modules including a Practical Component

Year 1	Year 2	Year 3
NTS 1101 (1)	NTS 2102 (3)	NA
NTS 1102 (1)	NTS 2103 (3)	
NTS 1202 (1)	NTS 2104 (3)	
NTS 1204 (1)	NTS 2202 (3)	
NTS 1205 (1)		
NTS 1206 (1)		

Continuous assessment for the theory part of modules will be in the form of assignment (30%) and should include at least one class test (10%). The overall pass mark for the written examination and continuous assessment for practical work and theory work will be 50%.

There will be no practical exams in any module.

#### c. Modules not including a practical component

Continuous assessment for modules not including a practical component may be in the form of assignment(s) but should include at least one class test. The overall pass mark for the written examination and continuous assessment will be 50%.

d. Modules assessed solely on continuous assessment

Year 1	Year 2	Year 3
NA	NTS 2104(3) WCS 2200(3)	NTS 3203(5)

Continuous assessment will be in the form assignment(s) and/or seminar(s) and/or practical(s) and should include at least 1 class test. The overall pass mark for the NTS 2104 (3) module will be 50%.

The Module WCS 2200(3) - Writing Case Studies will carry 70 marks for the write up ( 3000-4000 words) and 30 marks for the power point presentation (max 15 minutes per case). Assessment will be based on 100% continuous assessment (no written examinations).

This module will consist of 9 contact hours and 36 hours of self-study, carries 3 credits and shall be compulsory. A group of 2 students is expected to identify a case-study and must submit an abstract of 200 words to the lecturer coordinating the module after the 3 weeks of lectures and submit the full case study at the end of the module for assessment.

### **Research Project**

The final year research project (NTS 3000Y(5)) will be assessed based on the written dissertation and a *Viva Voce*.

The weightage for the research project is as follows:

Written dissertation	-	90% of research project
<i>Viva Voce</i>	-	10% of research project

### **8. Placement**

Students will be required to participate in placements for duration of six (6) weeks and three (3) weeks during year 2 and 3, respectively. The placements are compulsory. The placement will be in recognised clinical settings and/or food production companies and/or food processing companies and/or any other related institution.

#### Assessment

- Candidates will have to ensure 80% attendance and should submit a satisfactory portfolio at the end of each placement. Successful completion of each placement will result is a Grade S.

### **9. Grading Structure**

Note: the pass mark for all modules is 50%

Under the GPA, the following grade point and their grade-point equivalent are used:

Letter	Grade point	Percentage Mark
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grade		
A <sup>+</sup>	4.00	≥80
A		70≤X<80
B	3.00	60≤X<70
C	2.00	50≤X<60
F	0.00	<50
N	NA	

## 10. Classification of Award

The degree of classification will be based on CPA at the end of the programme as follows:

CPA (%)	CLASSIFICATION	
≥70	1 <sup>st</sup> Class	With Honours
60≤X<70	2 <sup>nd</sup> Class 1 <sup>st</sup> Division	
50≤X<60	2 <sup>nd</sup> Class 2 <sup>nd</sup> Division	
<50	No award	

## 11. Repeat and Termination of Registration

If the CPA of a student is < 50 for 2 consecutive semesters of the same academic year, the student will have to repeat the entire academic year, and retake modules as and when offered. However, s/he will not be allowed, to retake modules for which Grade C or above has been obtained.

Students will be allowed to repeat only once over the entire duration of the Programme of Studies.

Registration will be terminated if the CPA of the student remains below 50 at the end of an academic year and the student has already repeated one year of study.

A student's registration will lapse at the end of the semester in which s/he has successfully completed the minimum requirements for the award of the degree.

A student who repeats a module must submit new assignment(s), take part in the class test and re-take the examinations.

## 12. Method of Delivery

Throughout the course, a variety of teaching methods and strategies will be employed to ensure that students are adequately acquiring and developing appropriate concepts, knowledge and skills.

The modules will be delivered through lectures, seminars, group discussion, tutorials, practicals as well as problem-solving exercises. Methods such as directed study, study tasks, role play, computer-based learning, workshops and case-based learning will also be utilised for content delivery. Group and individual discussion will be strongly encouraged.



### 13. List of Modules

<b>Code</b>	<b>Module name</b>	<b>Code</b>	<b>Module name</b>
HLS 1101(1)	Foundation Course in Biology		
<b><u>YEAR 1</u></b>			
<b>Semester 1</b>		<b>Semester 2</b>	
HLS 1104(1)	Human Anatomy and Physiology	NTS 1201(1)	Maternal and Child Nutrition
NTS 1101(1)	Introduction to Nutritional Biochemistry	NTS 1202(1)	Analysis and Chemistry of Foods
NTS 1102(1)	Nutrition, Counselling and Health Promotion	NTS 1203(1)	Nutrition and Metabolism
NTS 1103(1)	Nutritional Problems of Developing Nations and Food Policy	NTS 1204(1)	Food Technology and Food Production
NTS 1104(1)	Human Nutritional Needs	NTS 1205(1)	Food for Contemporary living
NTS 1105(1)	Food Marketing	NTS 1206(1)	Physicochemical and Biological Aspects of Food
<b><u>YEAR 2</u></b>			
<b>Semester 1</b>		<b>Semester 2</b>	
HLS 2101(3)	Human Pathology	NTS 2201(3)	Psychology for Nutritional Sciences
HLS 2102(3)	Health Research Methods and Statistics	NTS 2202(3)	Nutritional Assessment and Food Habits
NTS 2101(3)	Nutrition Throughout Adolescence, Adulthood and Old Age	NTS 2203(3)	Nutrition Education and Diet Change
NTS 2102(3)	Microbiology of Foods	NTS 2204(3)	Endocrine Regulation and Physiological Control for Nutritional Sciences
NTS 2103(3)	Food Processing and Preservation	NTS 2205(3)	Herbals, Homeopathy and Dietary Supplements
NTS 2104(3)	Nutrition Science Laboratory	NTS 2001Y(3)	Placement I (6 Weeks)
		WCS 2200(3)	Writing Case Studies*
<b><u>YEAR 3</u></b>			
<b>Semester 1</b>		<b>Semester 2</b>	
NTS 3000Y(5)	Project	NTS 3000Y(5)	Project
NTS 3101(5)	Health Consequences of Under and Over- Nutrition	NTS 3201(5)	Nutrition Related Diseases
NTS 3102(5)	Functional Foods	NTS 3202(5)	Sports Nutrition, Diet and Lifestyle
NTS 3103(5)	Food Quality Assurance	NTS 3203(5)	Current Nutrition Issues
NTS 3104(5)	Macronutrients and Micronutrients in Human Health	NTS 3204(5)	Public Health Nutrition
		NTS 3001Y(5)	Placement II (3 Weeks)

\* The module WCS 2200(3) will consist of 9 contact hours and 36 hours of self study.

## 14. Programme Plan

BSc (Hons) Nutritional Sciences. (L = Lectures; P = Practical; NA = Not Applicable)

Code	Module name	L/P	Credits
HLS 1101	Foundation Course in Biology	35/20	0
<b>YEAR 1</b>			
<b>Semester 1</b>			
HLS 1104 (1)	Human Anatomy and Physiology	45/0	3
NTS 1101 (1)	Introduction to Nutritional Biochemistry	30/30	3
NTS 1102 (1)	Nutrition, Counselling and Health Promotion	30/30	3
NTS 1103 (1)	Nutritional Problems of Developing Nations and Food Policy	45/0	3
NTS 1104 (1)	Human Nutritional Needs	45/0	3
NTS 1105 (1)	Food Marketing	45/0	3
<b>Semester 2</b>			
NTS 1201 (1)	Maternal and Child Nutrition	45/0	3
NTS 1202 (1)	Analysis and Chemistry of Foods	30/30	3
NTS 1203 (1)	Nutrition and Metabolism	45/0	3
NTS 1204 (1)	Food Technology and Food Production	30/30	3
NTS 1205 (1)	Food for Contemporary living	40/10	3
NTS 1206 (1)	Physicochemical and Biological Aspects of Food	30/30	3
<b>YEAR 2</b>			
<b>Semester 1</b>			
HLS 2101 (3)	Human Pathology	45/0	3
HLS 2102 (3)	Health Research Methods and Statistics	45/0	3
NTS 2101 (3)	Nutrition Throughout Adolescence, Adulthood and Old Age	45/0	3
NTS 2102 (3)	Microbiology of Foods	35/20	3
NTS 2103 (3)	Food Processing and Preservation	30/30	3
NTS 2104 (3)	Nutrition Science Laboratory	15/60	3
<b>Semester 2</b>			
NTS 2201 (3)	Psychology for Nutritional Sciences	45/0	3
NTS 2202 (3)	Nutritional Assessment and Food Habits	40/10	3
NTS 2203 (3)	Nutrition Education and Diet Change	45/0	3
NTS 2204 (3)	Endocrine Regulation and Physiological Control for Nutritional Sciences	45/0	3
NTS 2205 (3)	Herbals, Homeopathy and Dietary Supplements	45/0	3
NTS 2001Y(3)	Placement I (6 Weeks)		4
WCS 2200 (3)	Writing Case Studies	9/0	3
<b>YEAR 3</b>			
<b>Semester 1</b>			
NTS 3000Y(5)	Project		
NTS 3101 (5)	Health Consequences of Under and Over-nutrition	45/0	3
NTS 3102 (5)	Functional Foods	45/0	3
NTS 3103 (5)	Food Quality Assurance	45/0	3
NTS 3104 (5)	Macronutrients and Micronutrients in Human Health	45/0	3
<b>Semester 2</b>			
NTS 3000Y(5)	Project		10
NTS 3201 (5)	Nutrition Related Diseases	45/0	3
NTS 3202 (5)	Sports Nutrition, Diet and Lifestyle	45/0	3
NTS 3203 (5)	Current Nutrition Issues	45/0	3
NTS 3204 (5)	Public Health Nutrition	45/0	3
NTS 3001Y(5)	Placement II (3 Weeks)		2