

# Curriculum

COURSE CODE	COURSE TITLE	COURSE CODE	COURSE TITLE	COURSE CODE	COURSE TITLE
<b>General Education Requirements: 27 Credit Hours</b>					
ARL 101 (A)	Communication Skills in Arabic I (A)	ENG 200	English II	ISL 100 (A)	Islamic Culture (A)
STT 100	General Statistics	FWS 100	Academic Skills for Success	FWS 205	UAE and GCC Society
FWS 211	Fundamentals of Emotional Intelligence	FWS 305	Technical Communication for the Work Place	FWS 310	Fundamentals of Innovation and Entrepreneurship
<b>Degree Requirements: 29 Credit Hours</b>					
BIO 205	General Biology I	BIO 205L	General Biology I Lab	HMG 380	Human Anatomy and Physiology I
HMG 381	Human Anatomy and Physiology II	CHE 205	General Chemistry I	CHE 201L	General Chemistry I Lab
CHE 207	Organic Chemistry	BMS 247	Basic Biochemistry	HSC 205	Biostatistics
PBH 320	Community and Public Health Nutrition	HND 228	Introduction to Counselling Theory and Skills		
<b>Major Requirements: 43 Credit Hours</b>					
HND 221	Principles of Human Nutrition	HND 222	Assessment of Nutritional Status	HND 220A	Foundations of Dietetic Practice A
HND 220B	Foundations of Dietetic Practice B	HND 223	Menu Planning and Evaluation	HND 224	Nutritional Metabolism
HND 339	Nutrition through the Life Cycle	HND 225	Management of Foodservices	HND 226	Food Chemistry
HND 226L	Food Chemistry and Analysis Lab	HND 331	Food Microbiology and Sanitation	HND 333	Food Processing
HND 333L	Food Processing Lab	HND 332	Medical Nutrition Therapy I	HND 332L	Medical Nutrition Therapy I Lab
HND 334	Medical Nutrition Therapy II	HND 334L	Medical Nutrition Therapy II Lab	HND 335	Quantity Foods
HND 436	Sports Nutrition				
<b>Research Study/Seminars and Professional Practice: 31 Credit Hours</b>					
HND 437	Seminar: Current Research in Nutrition	HND 438	Human Nutrition Research Tutorial	HND 321	Seminar in Foodservice Systems
HND 421	Seminar in Clinical Dietetics	HND 340 I	Dietetic Practicum I	HND 440	Dietetic Practicum II
HND 440 III	Dietetic Practicum III	HND 440 IV	Dietetic Practicum IV		



## BACHELOR OF SCIENCE IN HUMAN NUTRITION AND DIETETICS

## Program Overview

Human Nutrition and Dietetics is the application of the science of food and nutrition to the prevention and treatment of disease and promotion of health. ADU's Bachelor of Science in Human Nutrition and Dietetics degree is accredited by the UAE Commission for Academic Accreditation (CAA) and combines the academic and supervised practice experience to qualify graduates to sit in the credentialing exam and become licensed dietitians in the UAE\*. The program equips students with the knowledge and skills needed for entry-level practice as dietitians, both at a national and international level. The four year program has an integrated supervised practice (Practicum) component of at least 640 hours at wide range of selective facilities with focus on accredited clinical dietitian training facilities for clinical rotations.

## Graduates of the program will acquire the following knowledge and skills

- Educate and advise patients/clients on how food and healthy eating behaviors can prevent illness and achieve and maintain optimal health.
- Assess patient/client dietary and health needs.
- Develop meal plans for nutrition-related conditions.
- Monitor and evaluate the results of the diet therapy for improvement of medical conditions.
- Educate and work with other healthcare professionals on food and nutrition issues.
- Deliver group nutrition sessions to a variety of populations for health promotion campaigns.
- Conduct research and professional development.
- Participate in media, social media, and public relations to promote and advance the profession.

*\*To be eligible to set in the exam, the health authorities require six month training after graduation. Local students are exempted.*

## Student's Testimonial

### Mariyam Ali - Current Student

When I enrolled in the Nutrition and Dietetics program, I initially thought this field focused mainly on diet and weight loss. However, as I progressed, I discovered it offers so much more. This journey has taught me that nutrition goes beyond food choices - it involves structuring and personalizing diet plans for various diseases, managing food services, and understanding food science and safety. My perspective on nutrition has expanded beyond clinical settings, enabling me to overcome misconceptions surrounding dieting, weight loss, and malnutrition. In addition, I have been provided with opportunities to develop essential skills and knowledge in case study analysis, counseling, food management, and culinary nutrition.

Through hands-on experience, class discussions, and mentorship from inspiring professors, I have gained the confidence to excel in my career - and I have also realized I am not confined to a single career path, as this major has opened doors to diverse career opportunities in healthcare, restaurants, and community nutrition programs. I look forward to continuing my journey, applying my skills, and making a meaningful impact on people's health and well-being.



## Career Prospects

There is a global demand for dietitians and nutritionists to provide care for patients with various medical conditions and advise people on health. Employment opportunities for dietitians and nutritionists are expected to grow 15% from 2016 to 2026, which is a faster growth rate than the average for all other occupations. A degree in Human Nutrition and Dietetics can lead to a career working in a variety of roles within the fields of food, nutrition, and health. The work settings where dietetics can work include hospitals and other healthcare facilities, foodservice companies, community and public health settings, sports nutrition facilities, educational institutions, and research labs. The roles they may have include the following:

- Clinical Dietitian
- Specialized Dietitian: Renal, Diabetic, Pediatric, Oncology
- Sports Dietitian
- Medical Product Representative
- Food Safety Dietitian
- Quality Control Specialist
- Private Practice/Consulting
- Culinary Dietitian
- Health Educator
- Community/Public Health Nutritionist
- Nutrition Educator
- Research Coordinator