

Curriculum

COURSE CODE	COURSE TITLE	COURSE CODE	COURSE TITLE	COURSE CODE	COURSE TITLE
General Education Requirements: 27 Credit Hours					
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 Workplace	FWS 310	Fundamentals of Innovation and Entrepreneurship
Degree Requirements: 29 Credit Hours					
BIO 205	General Biology	BIO 205L	General Biology Lab	HMG 380	Human Anatomy and Physiology I
HMG 381	Human Anatomy and Physiology II	CHE 205	General Chemistry	CHE 201L	General Chemistry Lab
CHE 207	Organic Chemistry	BMS 247	Basic Biochemistry	HSC 205	Biostatistics
PBH 320	Community and Public Health Nutrition	HMG 2201	Introduction to Counselling Theory and Skills		
Major Requirements: 43 Credit Hours					
HND 221	Principles of Human Nutrition	HND 222	Assessment of Nutritional Status	HND 220A	Work Shadowing A
HND 220B	Work Shadowing B	HND 223	Menu Planning and Evaluation	HND 224	Nutritional Metabolism
HND 227	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 Lab
HND 334	Medical Nutrition Therapy II	HND 334L	Medical Nutrition Therapy Lab II	HND 335	Quantity Foods
HND 336	Sports Nutrition				
Research Study/Seminars and Professional Practice: 31 Credit Hours					
HND 337	Seminar: Current Research in Nutrition	HND 338	Human Nutrition Research Tutorial	HND 420	Seminar in Foodservice Systems
HND 421	Seminar in Clinical Dietetics	HND 340 I	Dietetic Practicum I	HND 340 II	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 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 4-year program has an integrated supervised practice (Practicum) component of at least 1200 hours with affiliated organizations in the UAE, including VPS Healthcare, Cleveland Clinic Abu Dhabi (CCAD), and Mediclinic Al Noor Hospital, as well as regional medical centers.

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

Student's Testimonial

Sufana Amir Rafique - Current Student

I am a second year Nutrition and Dietetics student and honored to be a part of the ADU community. I chose this major as it is an up-and-coming field. The need for awareness and education on the importance of nutrition, and the link between diet and healthy lifestyle is at the heart of this major. Moreover, with a Bachelor in Nutrition and Dietetics I will have a wide range of career options.

The classes are comprehensive and entrancing – the credit for which goes to the faculty of health sciences. The keen, friendly and supportive faculty provides an optimum environment for learning and growing.



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