

Master of Science in Human Nutrition and Dietetics

Justification of the need for the programme

The nutrition landscape has shifted fundamentally since 2008. The launch of Scaling-Up Nutrition (SUN) movement in 2010 represented a major step toward improved stewardship of the global nutrition architecture. Developing country experiences show that rates of under-nutrition reduction can be accelerated with deliberate action. Accelerating and sustaining of progress in nutrition will not be possible without national and global support to a long-term process of strengthening systemic and organizational capacities. For these to be achieved leadership for nutrition, at all levels, and from a variety of perspectives, is fundamentally important for creating and sustaining momentum and for conversion of that momentum into results on the ground. To substantially contribute to acceleration of improvements in nutrition it is essential to train more specialists to address human nutrition and related food security and health needs. Adequate knowledge, skills and appropriate attitudes and practice are important for nutrition improvement and maintenance for sustainable levels of health. The proposed Master of Human Nutrition programme aims at producing specialists with appropriate knowledge and skills for promotion of health attitudes and practices. This will go a long way to check the imbalance by building capacity for nutrition in Kenya and the world for addressing improvement and maintenance of population health.

Goal of the Programme

The goal of the MHND programme is to contribute to the improvement of health through adequate nutrition by imparting learners with knowledge in advanced nutrition and appropriate competences for improving the quality of nutrition services and effective management of the nutrition intervention care activities through community empowerment.

Major Expected Learning Outcomes of the Programme

At the end of this programme the graduates will be able to:

1. Apply nutrition and dietetic principles in health promotion and prevention of diet-related disease conditions.
2. Provide leadership in nutrition and dietetics from policy formulation to programme implementation.
3. Advocate for nutrition in Government, donor and international agencies so as to put nutrition on Development Agenda.
4. Participate in health education programmes including teaching nutrition and dietetics to other health professionals.
5. Conduct research in various nutrition related disciplines.

Admission Requirements

A candidate for admission to the Master of Science in Human Nutrition and Dietetics degree must be a holder of:

- i) A Bachelors degree of Kenya Methodist University or any other recognised institution of higher learning with at least a Second Class honours Upper Division in health related disciplines including Nutrition, Public Health, Environmental Health, Medicine, Nursing, Pharmacy and Laboratory Science.

Or

- ii) A Bachelors degree of Kenya Methodist University or any other recognised institution of higher learning with a Second Class honours Lower Division in health related disciplines, plus at least two (2) years of relevant working experience in the health sector.

Or

- iii) A Bachelors degree of Kenya Methodist University or any other recognised institution of higher learning with a GPA of 2.50 on a scale of 4.00 plus a postgraduate Diploma in health and health related disciplines.

Duration of Study

1. The Master of Human Nutrition and Dietetics degree is a two-year programme having 54 credit hours. The programme will take a minimum duration of two (2) academic years or six (6) trimesters for full-time and part-time students and three (3) academic years or nine (9) trimesters for a distant learning student. The maximum period allowed is three (3) academic years or nine (9) trimesters for a full-time student and four (4) academic years or twelve (12) trimesters for a part-time student.
2. Registration for the Master of Human Nutrition and Dietetics program may be done at any time in the trimester in consultation with the Department.
3. A fulltime student (defined as taking the full load for the trimester in the duration of the programme) is expected to complete the coursework and thesis of the programme within a period of two (2) academic years in a trimester system. A full load is the total number of credit hours required for the programme as shown in the curriculum. A student on full-time mode of study may take up-to twenty one (21) credit hours per trimester if inclusive of the thesis.
4. A part time student (defined as taking less than the full load for the trimester in the duration of programme) is expected to complete the coursework and the thesis of the programme within a period of three (3) academic years. A student on part-time basis should not take more than fifteen (15) credit hours per trimester.
5. A student who needs to extend the time limit is required to make a special request to the University Registrar Academic Affairs through the Department. Such a request has to be recommended by the Course Advisor and the Chairman of Department. The request should indicate clearly why the extension is required and how the extension will help the student to ensure the programme is successfully completed. A student is not allowed to request for extension of time more than once in the programme.

Courses Offered for the Programme

Core and Option Courses

- a) Core courses will contribute twenty one (21) credit hours
- b) Option courses twelve (12) credit hours
- c) Elective course three (3) credit hours
- d) Field attachment three (3) credit hours
- e) Thesis Fifteen (15) credit hours
- f) In total fifty four (54) credit hours will be covered

Core Courses

Course Code	Course Title	Credit Hours
MHND 511	Clinical Nutrition	3
MHND 512	Nutrition in the Lifecycle	3
MHND 513	Nutrition Assessment and Intervention	3
MHND 514	Nutritional Epidemiology	3
MHND 521	Food Quality Assurance and Nutrition Policy	3
MHND 522	Nutrition Education and Communication	3
MHND 523	Research Methods in Nutrition	3
MHND 571	Field Attachment	3
MHND 572	Thesis	15
	Total	39

Option I: Community Health and Nutrition

MHND 531	Healthcare System	3
MHND 532	Nutrition in Primary Healthcare	3
MHND 533	Nutrition Planning and Management	3
MHND 534	Nutrition in Disasters and Emergencies	3
	Total	12

Option II: Maternal, Infant and Young Child Nutrition

MHND 541	Maternal Nutrition	3
MHND 542	Infant and Young Child Feeding	3
MHND 543	Infant Feeding in HIV/AIDS	3
MHND 544	Child Growth Monitoring	3
	Total	12

Option III: Clinical Nutrition

MHND 551	Advanced Clinical Nutrition & Diet Therapy	3
MHND 552	Human Metabolism	3
MHND 553	Critical care and Nutritional Support Systems	3
MHND 554	Pediatric and Geriatric Nutrition	3
	Total	12

Electives*

PHSG 535	Water, Sanitation, Hygiene	3
PHCG 515	Public Health Law and Ethics	3
	Total	3

Grand total **54**

*Students are required to choose one of the elective courses offered above and should determine the appropriate time when to take it.

Programme Organization

CORE COURSE (Year 1 Trimester 1 & 2)			
Year of Study	Course Code	Course Title	Lectures
FIRST YEAR	First Trimester		CHrs
	MHND 511	Clinical Nutrition	3
	MHND 512	Nutrition in the Lifecycle	3
	MHND 513	Nutrition Assessment and Intervention	3
	MHND 514	Nutritional Epidemiology	3
		Sub-Total	12
	Second Trimester		
	MHND 521	Food Quality Assurance and Nutrition Policy	3
	MHND 522	Nutrition Education and Communication	3
	MHND 523	Research Methods in Nutrition	3
		Sub-Total	9
Third Trimester			
SPECIALIZATION/ OPTIONS COURSES			
Options	Course Code	Course Title	Lectures
Option I: Community Health and Nutrition			
	MHND 531	Healthcare System	3
	MHND 532	Nutrition in Primary Healthcare	3
	MHND 533	Nutrition Planning and Management	3
	MHND 534	Nutrition in Disasters and Emergencies	3
		Sub-Total	12
Option II: Maternal and Child Nutrition			
	MHND 541	Maternal Nutrition	3
	MHND 542	Infant and Young Child Feeding	3
	MHND 543	Infant Feeding in HIV/AIDS	3
	MHND 544	Child Growth Monitoring	3
		Sub-Total	12
Option III: Clinical Nutrition			
	MHND 551	Advanced Clinical Nutrition & Diet Therapy	3
	MHND 552	Human Metabolism	3
	MHND 553	Critical care and Nutritional Support Systems	3
	MHND 554	Pediatric and Geriatric Nutrition	3
		Sub-Total	12
Year TWO	Trimester One		
	MHND 571	Field Attachment	3
	MHND 572	Thesis	15
		Sub-Total	18
		Total Credit Hours for Programme	54

Note:

1. Core courses will contribute 21 credit hours
2. Options will contribute 12 credit hours

3. Elective will contribute 3 credit hours
4. Field attachment will contribute 3 credit hours
5. Thesis will contribute 15 credit hours

Total credit hours required for graduation is 54

Examination Scheme

CORE COURSE (Year 1 Trimester 1 & 2)			
Year of Study	Course Code	Course Title	Exam
YEAR ONE	First Trimester		Hours
	MHND 511	Clinical Nutrition	1x3
	MHND 512	Nutrition in the Lifecycle	1x3
	MHND 513	Nutrition Assessment and Intervention	1x3
	MHND 514	Nutritional Epidemiology	1x3
	Second Trimester		
	MHND 521	Food Quality Assurance and Nutrition Policy	1x3
	MHND 522	Nutrition Education and Communication	1x3
	MHND 523	Research Methods in Nutrition	1x3
Third Trimester: SPECIALIZATION/ OPTION COURSES			
Options	Course Code	Course Title	
Option I: Community Health and Nutrition			
	MHND 531	Healthcare System	1x3
	MHND 532	Nutrition in Primary Healthcare	1x3
	MHND 533	Nutrition Project Planning and Management	1x3
	MHND 534	Nutrition in Disasters and Emergencies	1x3
Option II: Maternal and Child Nutrition			
	MHND 541	Maternal Nutrition	1x3
	MHND 542	Infant and Young Child Feeding	1x3
	MHND 543	Infant Feeding in HIV/AIDS	1x3
	MHND 544	Child Growth Monitoring	1x3
Option III: Clinical Nutrition			
	MHND 551	Advanced Clinical Nutrition & Diet Therapy	1x3
	MHND 552	Human Metabolism	1x3
	MHND 553	Critical care and Nutritional Support Systems	1x3
	MHND 554	Pediatric and Geriatric Nutrition	1x3
YEAR TWO	Trimester One		
	MHND 571	Field Attachment	Grade
	MHND 572	Thesis	Grade