



Master of Nutrition and Dietetics

Course Coordinator: Dr Margaret Allman-Farinelli
 Email: margaret.allmanfarinelli@sydney.edu.au
 Administrative Contact: Evelyn Riegler
 Phone: 9351 2235 Email: smb.pgadmin@sydney.edu.au
 Course Website: <http://sydney.edu.au/science/nutrition/program/index.shtml>
 Faculty Handbook: <http://sydney.edu.au/handbooks/science/>

Course Codes:

LC005 Master of Nutrition and Dietetics

Course Requirements

The units of study that may be taken for the course are set out in the table for the Master of Nutrition and Dietetics.

(2) To qualify for the Master of Nutrition and Dietetics a candidate must complete a prescribed program of 96 credit points, including:

- (a) 48 credit points of first year units of study; and
- (b) 24 credit points being the dietetics training placement; and
- (c) 24 credit points being the Nutrition Research Project.

Study plan:

FIRST YEAR

Semester 1			
CORE: NTDT5601 (6cp) Nutritional and Food Science	CORE: NTDT5503 (6cp) Dietary Intake & Nutritional Assessment	CORE: NTDT5604 (6cp) Dietetics Professional Studies	CORE: NTDT5602 (6cp) Methods in Nutrition Research
Semester 2			
CORE: NTDT5305 (6cp) Food Service Management	CORE: NTDT5608 (6cp) Public Health and Community Nutrition	CORE: NTDT5307 (12cp) Medical Nutrition	

SECOND YEAR

Semester 1
CORE: NTDT5612 (24cp) Dietetics Training Placement
Semester 2
CORE: NTDT5310 (24cp) Nutrition Research Project

Units of study table

<i>Unit of study</i>	<i>Credit points</i>	<i>A: Assumed knowledge P: Prerequisites C: Corequisites N: Prohibition</i>	<i>Session</i>
First Year Core Units			
NTDT5305 Food Service Management	6	P NTDT5601, NTDT5503, NTDT5604 and NTDT5602 C NTDT5307 and NTDT5608	Semester 2
NTDT5307 Medical Nutrition	12	P NTDT5503, NTDT5601, NTDT5602, NTDT5604 C NTDT5305 and NTDT5608	Semester 2
NTDT5503 Dietary Intake & Nutritional Assessment	6	C NTDT5602, NTDT5601 and NTDT5604	Semester 1
NTDT5601 Nutritional and Food Science	6	C NTDT5602, NTDT5503 and NTDT5604 (previously known as NTDT5504)	Semester 1
NTDT5602 Methods in Nutrition Research	6	C NTDT5601, NTDT5503 and NTDT5604	Semester 1
NTDT5604 Dietetics Professional Studies	6	C NTDT5601, NTDT5602 and NTDT5503	Semester 1
NTDT5608 Public Health and Community Nutrition	6	P NTDT5601, NTDT5503, NTDT5604 and NTDT5602 C NTDT5305 and NTDT5307	Semester 2
Second Year Core Units			
NTDT5310 Nutrition Research Project	24		Semester 2
NTDT5612 Dietetics Training Placement	24	P NTDT5601, NTDT5503, NTDT5604, NTDT5602, NTDT5305, NTDT5307, NTDT5608 <i>Placements commence in late January or late June.</i>	Int February Int June

Unit of study descriptions 2014

NTDT5305 Food Service Management

Credit points: 6 **Session:** Semester 2 **Classes:** 10 hours practical classes per semester, 4 hours lectures per week. **Prerequisites:** NTDT5601, NTDT5503, NTDT5604 and NTDT5602 **Corequisites:** NTDT5307 and NTDT5608 **Assessment:** Practical assignments (15%), minor projects (30%), major project (55%)

The course introduces students to the principles of Food Service Management including food safety, nutrition marketing, technology in foodservice, food regulations, foodservice across the continuum of care, foodservice for special populations, menu and recipe assessment, menu and recipe development, and management and leadership in foodservice. Students gain knowledge, as well as practical skills in clinical, community, industry and commercial applications.

NTDT5307 Medical Nutrition

Credit points: 12 **Session:** Semester 2 **Classes:** Lectures and tutorials average 8 hours per week, and Medical Nutrition Therapy (MNT) Workshops average 4 hours per week **Prerequisites:** NTDT5503, NTDT5601, NTDT5602, NTDT5604 **Corequisites:** NTDT5305 and NTDT5608 **Assessment:** Two assignments (15%) and (20%), a mid-semester test (15%) and end of semester exam (50%)

The broad objectives involve learning the role of medical nutrition therapy to prevent and alleviate disease. The importance of client focused factors in dietary modification; education and interpretation of theory for client understanding are key discussion points. This unit of study involves the study of medicine as it relates to nutrition, and the modification of diet to alter the disease process and nutrition support of patients with wasting illnesses and it includes a paediatric program at the Children's Hospital Westmead.

Textbooks

Stewart, R. Griffith Handbook of Clinical Nutrition and Dietetics. 4th Edition, 2011.

NTDT5310 Nutrition Research Project

Credit points: 24 **Session:** Semester 1, Semester 2 **Classes:** Supervised research experience. Tutorials on scientific writing and statistics. **Assessment:** Oral presentation (15%), supervisor mark (35%) research treatise (50%)

During the research semester each student conducts a small project under the supervision of research academic or practitioner. Research projects can include small surveys, simple bench work, literature reviews, or clinical trials, and are carried out in the University or with an approved external supervisor.

NTDT5503 Dietary Intake & Nutritional Assessment

Credit points: 6 **Session:** Semester 1 **Classes:** Lectures/tutorials/workshops averaging 5 hours per week **Corequisites:** NTDT5602, NTDT5601 and NTDT5604 **Assessment:** One quiz (25%), one assignment (25%), 2-hour end of semester exam, (50%)

This unit of study covers Dietary Assessment Methods in the context of individual, group and population dietary data: purposes of dietary assessment; uses of dietary data; key dietary assessment methods and their use, application, strengths, weaknesses, sources of measurement error; quantification of portion and serve sizes; evaluation and validation of dietary data; use and application of dietary reference standards; food composition databases; and the appraisal and interpretation of dietary assessment methods in published literature. This unit of study also covers Anthropometry, Body Composition, Nutritional Biochemistry and Nutritional Screening: anthropometric and body composition methods for the assessment of nutritional status; reference standards for assessing body composition; anthropometric measurements; biochemical and haematological indices for nutritional assessment; assessment of physical activity; objectives, advantages, limitations, and applications of nutritional screening. Tutorials and workshops aim to address the practical aspects of the administration of dietary assessment methods, as well as validation, interpretation and critical appraisal of such methods.

Textbooks

R.S. Gibson Principles of Nutritional Assessment, 2nd ed. Oxford University Press. 2005.

NTDT5601 Nutritional and Food Science

Credit points: 6 **Session:** Semester 1 **Classes:** 3 lectures and 1 tutorial per week (1-2 hours) **Corequisites:** NTDT5602, NTDT5503 and NTDT5604 (previously known as NTDT5504) **Assessment:** Two formative quizzes (2x25%); kitchen laboratory work book (Pass/Fail); one 3 hour final exam (50%)

This unit of study give students a broad appreciation of food and nutrients, including an understanding of food sources of nutrients; the nutrients that are necessary for survival and maintenance of individual and population health; nutrient requirements at different stages of life, such as childhood, pregnancy and lactation and older age; factors affecting nutrient availability for absorption; and the significance of nutrient deficiency and excess intakes/toxicity on nutritional and disease status.

Textbooks

Mann J and Truswell AS 'Essentials of Human Nutrition' Oxford: Oxford University Press, 4th Edition, 2012.

NTDT5602 Methods in Nutrition Research

Credit points: 6 **Session:** Semester 1 **Classes:** 3 hours of lectures and 2 hours of tutorial or practical work per week. **Corequisites:** NTDT5601, NTDT5503 and NTDT5604 **Assessment:** 2.5 hour exam (60%); 2 assignments (10% and 30%)

This unit of study introduces students to both qualitative and quantitative research methods that are essential tools for dietitians. Qualitative methods include the development of questionnaires and conduct of focus groups. Students will learn about study design and methods used in epidemiology to be able to critically analyse the scientific literature of nutrition and dietetics. An introduction to statistical tests with practical computer classes will also be included. Scientific writing techniques will be covered.

Textbooks

Bonita R, Beaglehole R, Kjellstrom T. Basic Epidemiology. 2nd Ed. World Health Organisation: Geneva, 2005 Lawrence M and Wolsely T (editors). Public Health Nutrition from Principles to Practice. Allen and Unwin 2007. ISBN: 978 174175 102 4. Chapter 14, pages 344-349

NTDT5604 Dietetics Professional Studies

Credit points: 6 **Session:** Semester 1 **Classes:** 3 lectures and 3 practicals per week **Corequisites:** NTDT5601, NTDT5602 and NTDT5503 **Assessment:** Assignments (100%): Business assignment (40%), Small Group Education assignment (30%) and Communication assignment (30%)

This course is designed to facilitate students to develop professional communication and organization/management skills that will enable them to work effectively as dietitians. Dietitians work in varied environments - within private and government organizations, industry and in private practice; solely and within teams. Interpersonal, individual and group communication, as well as professional, management, organizational and general business skills are required in all of these areas. This unit of study introduces communication, management and organizational group dynamics and behavioural theory to dietetics students. Students will have the opportunity to apply these through practical examples in class and by the completion of assessment tasks. Of the 4 components of the Unit of Study, namely Business, Small Group Education, Interpersonal Communication and Media Skills, only the first three are assessed. Teachers in this Unit of Study comprise university staff and dietitians working in the hospital and private sector settings.

Textbooks

Bauer K and Sokolik C. Basic Nutrition Counselling Skills. Wadsworth, 2002. ISBN: 0720916645

NTDT5608 Public Health and Community Nutrition

Credit points: 6 **Session:** Semester 2 **Classes:** 4 hrs lectures and 2 tutorials per week **Prerequisites:** NTDT5601, NTDT5503, NTDT5604 and NTDT5602 **Corequisites:** NTDT5305 and NTDT5307 **Assessment:** 2 hr exam (45%); 4 assignments (55%)

This unit of study introduces students to the concepts and principles underlying, and issues associated with, nutrition in community and public health contexts. It covers the principles of health promotion and teaches the students how to plan, implement and evaluate nutrition promotion strategies. The scope and distribution of chronic diseases and the role of nutrition

in the etiology of diseases such as cancer, heart disease, diabetes and obesity is examined. This unit of study also investigates the food habits of culturally and linguistically diverse groups, nutritional intakes and requirements of people across the lifespan, and the current nutrition policies and guidelines aimed at preventing chronic diseases.

Textbooks

Lawrence M & Worseley (eds). Public Health Nutrition - from Principles to Practice. Sydney: Allen & Unwin. 2007.

NTDT5612 Dietetics Training Placement

Credit points: 24 **Session:** Int February, Int July **Classes:** 20 weeks full-time placement

Prerequisites: NTDT5601, NTDT5503, NTDT5604, NTDT5602, NTDT5305, NTDT5307, NTDT5608 **Assessment:** Pass or fail at completion

Note: Department permission required for enrolment. Placements commence in late January or early July.

During twenty weeks students develop further practice-based skills in each of three settings of work; individual case management, community/public health and food service management. The semester commences late January for 1st semester or early July for 2nd semester and runs for 20 weeks as prescribed in the requirements of the professional accrediting body.