

**In the Name of God**

**Islamic Republic of Iran  
Ministry of Health and Medical Education  
Deputy for Education**

**Nutritional Sciences  
Degree: Master of Science (MSc)**

#### **Total Course Credits**

- Compensatory:
- Core:
- Non-core (Electives):
- Thesis (MSc):
- Dissertation (PhD):

#### **Program Description**

Access to nutritionally adequate, safe and healthy food is a fundamental right of all people. It is achievable if there is a balance between food intake and physical, psychological, economic and socio-cultural conditions of the community. Nutritional Sciences Graduates should possess a deep understanding of the field through in-depth study of its different aspects, at both theoretical and practical levels, which could help to promote nutritional status, health, and well being of individuals and the community, thereby preventing malnutrition and the related complications.

The graduate program in Nutritional Sciences, as a specialized, interdisciplinary field, provides advanced training in research, education, and community engagement issues.

Nutritional science is a branch of medical sciences that aims to improve the health and wellbeing of the individuals and community to achieve sustainable development in food products and nutrition systems. The program is designed for students who wish to delve more deeply into nutritional sciences and related research.

Graduates of Nutritional Sciences (MSc) will have the ability to work in the fields of education, research, consultancy services to individuals and community and could also participate in food and nutrition program planning and policy making.

The aim of MSc in Nutritional Sciences program is to educate and train professionals who can provide educational, research and consultancy services in various areas of the field, including nutritional hygiene, dietetics, community nutrition, food and nutrition planning, and nutritional care, for individuals and groups.

The program is intended to achieve the optimum quality in both qualitative and quantitative research by training expert manpower in Nutritional Sciences, which could help to obtain the best possible standard in the field of food and nutrition and to reach an acceptable level in nutritional indices identified by the health care system.

#### **Admission Requirements**

Holding a bachelor's degree in nutritional sciences, food sciences and technology and animal biology

## **Expected Competencies at the End of the Program**

### **General Competencies\***

#### **Specific Competencies and Skills**

At the end of the program learners will be competent in the following skills:

- Use appropriate research and evaluation methodology to conduct education research, review the literature and collect and analyze data on food and nutritional issues
- Design food and nutrition education programs and plans for different situations, by assessing needs, identifying goals, developing appropriate theoretical frameworks, formulating the necessary materials and performing evaluation procedures
- Implement food and nutrition education programs, by effectively using oral and written communication technology, the media, in line with proper social marketing
- Apply appropriate education methods, rooted in proper behavioral sciences, to modify the inappropriate food behavior of the individuals and social groups.
- Employ projects for health promotion and disease prevention
- Manage nutrition screening/assessment and provide appropriate medical nutrition therapy for different individuals and social groups
- Conduct appropriate activities to support legislative and public policies on food and nutrition promotion and health-enhancement activities

### **Educational Strategies, Methods and Techniques\***

#### **Student Assessment (Methods and Types)**

- Formative
- Summative
- Comprehensive exam
- Written, verbal, OSLE and Logbook-based assessment

### **Ethical Considerations\***

\*Note: The related document(s) can be found at <http://hcmep.behdasht.gov.ir/>.

## Tables of the Courses

**Table 1.** Compensatory Courses

Code of the Course	Title of the Course	Number of Credits			Hours			Prerequisite or Concurrent Courses
		Theoretical	Practical	Total	Theoretical	Practical	Total	
01	Basic Nutrition I	3	-	3	51	-	51	-
02	Basic Nutrition II	3	-	3	51	-	51	-
03	Principles of Diet Planning	2	-	2	34	-	34	-
04	Diet Therapy I	3	-	3	51	-	51	-
05	Diet Therapy II	2	-	2	34	-	34	-
06	Medical Information Systems**	0.5	0.5	1	9	17	26	-
	Total	14						

\* Students must pass all or some of the course credits from Table 1, as specified by their affiliate department and approved by their Postgraduate Education Council

\*\* All students must pass the course of Medical Information Systems, serving as prerequisite or concurrent courses

**Table 2. Core Courses**

Code of the Course	Title of the Course	Number of Credits			Hours			Prerequisite or Concurrent Courses
		Theoretical	Practical	Total	Theoretical	Practical	Total	
07	Biostatistical Methods	2	1	3	34	34	68	-
08	Research Methodology in Nutritional Sciences	2	-	2	34	-	34	-
09	Advanced Nutritional Physiology	2	-	2	34	-	34	-
10	Advanced Nutrition I	3	-	3	51	-	51	-
11	Advanced Nutrition II	3	-	3	51	-	51	-
12	Clinical Nutrition	2	-	2	34	-	34	10, 11
13	Nutritional Epidemiology	2	-	2	34	-	34	-
14	Current Topics in Nutrition	2	-	2	34	-	34	10,11
15	Seminar	1	-	1	17	-	17	10 ,11
-	Thesis	-	-	6	-	-	-	
	Total	26						

**Table 3. Non-Core Courses (Electives)**

Code of the Course	Title of the Course	Number of Credits			Hours			Prerequisite or Concurrent Courses
		Theoretical	Practical	Total	Theoretical	Practical	Total	
16	Food and Nutrition Planning	2	-	2	34	-	34	-
17	Experimental Nutrition	-	2	2	-	68	34	-
18	Advanced Nutritional Terminology	34	-	2	34	-	68	-
19	Molecular Biology	2	-	2	34	-	34	-
20	Pathophysiology	2	-	2	34	-	34	-
	Total	10						

Students must successfully complete 6 credits of the non-core courses, above.

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