



UNIVERSITY OF HEALTH SCIENCES

School of Public Health

Masters of Public Health in Nutritional Sciences

PROGRAM SPECIFICATION

Program Title	Master of Public Health (MSPH) - Nutritional Sciences
Program Description	This is a comprehensive interdisciplinary program with a broad educational background that blends nutritional sciences with epidemiology, social and behavioral sciences, health education & research to deal with nutritional problems in a public health setting.
Program Objective	<ul style="list-style-type: none"> ➤ To provide an opportunity for health sciences professionals to acquire a masters degree in nutrition with public health concentration. ➤ The graduates are expected to have knowledge base and skills to research nutritional problems and to plan community applications of nutrition prevention and treatment at various levels. ➤ After completion, it is expected that the graduates will be able to identify, analyze & critically assess nutritional issues in Pakistan from public health perspective.
Program Duration	Two years
Type of Study	Full time
Study System	Semesters system
Total Credit Hours	Total credit hours of the program: 60 54 Credit hours (Course Work) 6 Credit hours (Research Work)

Credit Hours Distribution	Credit Hours Distribution (Course & Research) Semester 1 = 15 Credit hours Semester 2 = 15 Credit hours Semester 3 = 15 Credit hours Semester 4 = 15 Credit hours (including research & independent study)
Study Hours Distribution	Study Weeks per Semester = 16 weeks Examination = 2 weeks Semester Break = 2 weeks Working Days = Daily (except Saturdays, Sundays) Timings =
Teaching Hours Distribution	Lecture hours/ presentation/ Practical / Lab. Hours/ Self Directed Studies
Teaching Institution	School of Public Health /Institute of Health Management/ International Medical College, Dow University of Health Sciences
Degree Awarding Institution	Dow University of Health Sciences

Semester Details with Credit Hours

SEMESTER 1

Semester	Courses	Credit Hours	Semester Credit Hours
1	Introduction to Biostatistics	3	3
1	Principles of Epidemiology	3	3
1	Basic Human Nutrition	3	3
1	Fundamentals of Public Health	3	3
1	Public Health Law	1	1
1	Journal Club	0	0
1	Computer Skills & Bio Stat Lab	0	0
Total Hrs			13 credit hours

SUMMER SEMESTER

Courses	Credit Hours	Semester Credit Hours
Research Methodology	3	3 credit hours
Social & Behavioral Sciences	3	3

SEMESTER 2

Semester	Course	Credit Hours	Semester Credit Hours
2	Environmental & Occupational Health	3	3
2	Health Communication	3	3
2	Nutritional Assessment	3	3
2	Nutrition Across Lifecycle	3	3
2	Nutrition & Chronic Diseases	3	3
			15 credit hours

SEMESTER 3

Semester	Courses	Credit Hours	Semester Credit Hours
3	Public Health & Community Nutrition	3	3

3	Nutritional Epidemiology	3	3
3	Food Microbiology & Safety	3	3
3	Health Care & Food Managment	3	3
3	Nutritional Problems in Developing Countries	3	3
			15 credit hours
SEMESTER 4			
Semester	Courses	Credit Hours	Semester Credit Hours
4	Nutrition in Complex Emergency	3	3 credit hours
4	Independent Study	3	3
4	Research Project	6	6
			12 Credit hours

NOTE: *To complete 60 credits students can take the remaining credits during any semester from any of the MSPH program*