

# Bachelor of Human Nutrition & Dietetics (BSHND)

## Curriculum Plan and Model

<b>BSHND Course Distribution</b>	
Core/Compulsory	16
Foundation Course	27
Major Course	41
General Course	28
Elective Course	25
<b>Total Credit Hours</b>	<b>137</b>

## Semester Plan

### Semester 1

Code	Course title	CrHr	Pre-Requisite
HND-111	Fundamentals of Human Nutrition	3+0	—
HND-112	Essentials of Food Science & Technology	2+1	—
HND-113.1/ HND-113.2	Mathematics OR Essentials of Biology	3+0	—
HND-114	English-I	3+0	—
HND-115	Introductory Biochemistry	2+1	—
HND-116	Pakistan Studies	2+0	—
	<b>Total</b>	<b>17</b>	

### Semester 2

Code	Course title	CrHr	Pre-Requisite
HND-127	Macronutrients in Human Nutrition	3+0	—
HND-124	English-II	3+0	English-I
HND-128	Islamic Studies/Ethics	2+0	—
HND-129	Human Anatomy	2+1	—
HND-1210	Human Physiology-I	2+1	—
HND-1211	Fundamentals of Sociology	3+0	—
	<b>Total</b>	<b>17</b>	

### Semester 3

Code	Course title	CrHr	Pre-Requisite
HND-2312	Micronutrients in Human Nutrition	3+0	Macronutrients in Human Nutrition
HND-2310	Human Physiology-II	2+1	Human Physiology-I
HND-234	English-III	3+0	English-II
HND-2313	Introductory Molecular Genetics	2+1	—
HND-2314	Food Microbiology	2+1	—
HND-2315	Food Safety and Quality Management	2+0	—
	<b>Total</b>	<b>17</b>	

#### Semester 4

Code	Course title	CrHr	Pre-Requisite
HND-2416	Bio-Statistics	2+1	Mathematics
HND-2417	Computer Science and Information Technology	2+1	—
HND-2418	Assessment of Nutritional Status	2+1	—
HND-2419	Nutrition Through the Life Cycle	3+0	—
HND-2420	General Pathology	2+1	—
HND-2421	Food Analysis	1+2	—
	<b>Total</b>	<b>18</b>	

#### Semester 5

Code	Course title	CrHr	Pre-Requisite
HND-3522	Dietetics-I	2+1	—
HND-3523	Nutrition and Psychology	3+0	—
HND-3524	Nutritional Education and Awareness	2+1	—
HND-3525	Meal Planning and Management	2+1	—
HND-3526	Public Health Nutrition	2+1	—
HND-3527	Food and Drug Laws	2+0	—
	<b>Total</b>	<b>17</b>	

#### Semester 6

Code	Course title	CrHr	Pre-Requisite
HND-3622	Dietetics-II	2+1	Dietetics-I
HND-3628	<b>Functional Foods and Nutraceuticals</b>	3+0	—
HND-3629	Nutrition Through Social Protection	2+0	—
HND-3630	Sports Nutrition	2+1	—
HND-3631	Infant and Young Child Feeding	2+1	—
HND-3632	Clinical Biochemistry	1+2	Type equation here.
	<b>Total</b>	<b>17</b>	

#### Semester 7

Code	Course title	CrHr	Pre-Requisite
HND-3722	Dietetics-III	2+1	Dietetics-II
HND-3733	Global Food Issues	3+0	
HND-3734	Research Methods in Nutrition	3+0	
HND-3735	Nutritional Practices in Clinical Care	2+1	
	Elective -I	3+0	
	Elective-II	2+0	
	<b>Total</b>	<b>15+2</b>	
	<b>Elective Courses (2 courses equal to 5 credit hours will be opted)</b>		
HND-3736	Nutritional Immunology	3+0	—
HND-3737	Drug-Nutrient Interactions	2+0	—
HND-3738	Food Chemistry	2+0	—
HND-3739	Preventive Nutrition	3+0	—

HND-3740	Nutrition in Emergencies	3+0	—
		<b>(5+0)</b>	

### Semester 8

Code	Course title	CrHr	Pre-Requisite
HND-3841	Internship/Project	0+6	—
HND-3842	Nutrition Policies and Programs	3+0	—
HND-3843	Food Service Management	3+0	—
	Elective -III	3+0	—
	Elective-IV	2+0	—
	<b>Total</b>	<b>11+6</b>	
<b>Elective Courses (2 courses equal to 5 credit hours will be opted)</b>			
HND-3844	Food Toxins & Allergens	3+0	—
HND-3845	Nutritional Deficiency Disorders	3+0	—
HND-3846	Food Supplements	2+0	—
HND-3847	Metabolism of Nutrients	2+0	—
HND-3848	Nutrition Epidemiology	2+0	—
		5+0/4+1	
	<b>Total program Credit Hours</b>	<b>137</b>	