

Closing Date:

24 Nov 2021

Commencement Date:

11/12 Jan 2022



College of Life Sciences and Technology
Dietetics, Food, Nutritional Sciences

ADVANCED CERTIFICATE IN NUTRITION

Course Coordinators:

Dr. K.C. Tan-Un

Associate Professor, Principal Programme Director

Dr. Wendy Ma

Senior Programme Director

Dr. Gigi So

Programme Manager

Enquiry: 2975 5878 (Ms Lam Wing Yan) Email: wy.lam@hkuspace.hku.hk

Objectives

On completion of the programme, students will be able to:

- describe the main functions of nutrients in the body and explain how inadequate and excessive nutrient intake can contribute to ill health.
- discuss the role of nutrition in health at each stage of the lifecycle.
- examine and evaluate the impact of food-borne microorganisms in relation to health and disease.
- evaluate the food intake of a healthy adult and propose dietary changes to improve nutritional quality.

Programme outline

Module A - Basic principles of nutrients

The module will cover an introduction to nutrition: digestion, absorption, transportation and excretion of nutrients; cell metabolism, energy balance; macronutrients: fats, proteins and carbohydrates; micronutrients: vitamins, minerals, trace elements and fiber; measuring food intakes; nutrient analysis; evaluating scientific information

Module B - Introduction to applied nutrition

The module examines the following major topics: basic principles on balanced diet; nutrition in the life cycle: pregnancy, lactation, infancy, adolescent and elderly; sports nutrition; nutrition assessment; vegetarianism; health food and vitamin supplementation; food labeling and nutrition policy; nutrition and ethnic minority groups; diet and oral health

Module C - Food microbiology and food safety

The module will provide a foundation for food microbiology, methods of food preservation and their underlying principles and mechanisms of food spoilage, public health aspects of food, the significance of micro-organisms in health and disease and its control.

Admission Requirements

Applicants shall:

- I. a) hold a bachelor's degree awarded by a recognized university; **or**
 - b) hold a Higher Diploma awarded by a recognized institution with at least 2 years working experience; **or**
 - c) hold an HKCEE with Grade E in 4 subjects and with at least 5 years working experience; **or**
 - d) hold an HKDSE level 2 in 4 subjects with at least 4 years working experience; **and**
- II. provide evidence of English proficiency, such as:
- a) have gained in the HKCEE Grade E or Level 2* in English Language (Syllabus B); or
 - b) have gained in the HKDSE Level 2 in English Language.

Mature students with at least 5 years working experience will be considered on an individual basis.

Programme Assessments: a combination of coursework assignments and the final examination.

Teaching Staff: The programmes will be taught by registered dietitians and a panel of experienced and qualified experts and professionals in the field.

Mode of Delivery: The programmes will be delivered through face-to-face seminars and class-integrative discussions.

Medium of Instruction - English

Date of Commencement

11 January 2022 (Class A) ; 12 January 2022 (Class B)

Deadline for Application

24 November 2021

Time and Venue

Class A: Tuesdays and Fridays, 6:45 pm – 9:45 pm
And some Saturday afternoons, 2:30 pm – 5:30 / 6:30 pm

Class B: Wednesdays , 6:45 pm – 9:45 pm; Saturday, 2:30 – 5:30pm
And some Sunday afternoons, 2:30 pm – 5:30 / 6:30 pm

HKU SPACE Learning Centre (usually Admiralty, Causeway Bay, Fortress Hill, North Point)

Fees

Application fee: HK\$150 (non-refundable)

Course fee: HK\$16,800

Third Age Rate : HK\$13,440*

**(for anyone aged 60 and above should provide the HKID card copy)*

For more information on nutrition courses offered by HKUSPACE, please visit: <https://hkuspace.hku.hk/>

