

# NUTRITION & DIETETICS

*Together, Learning for Health*

# Nutrition & Dietetics



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“Our graduates can be employed by hospitals, government agencies & programmes, universities & research institutions, business and industries. We are committed to train students to have the necessary skills to be competent professionals and provide advice to the general public as well as patients on nutrition and dietetic matters”

**PROF FATIMAH ARSHAD**

Professor

PhD (UBC, Canada), MSc, BSc (LSU, USA),  
PgD Dietetics (MSc Eq, Kings College  
London), UKSRD

Nutrition is the science that deals with the study of foods and nutrients and their effect on health, growth and development of an individual. Dietetics is the practical application of nutrition in the prevention and treatment of disease. Nutrition and dietetics is an exciting and challenging field with an encouraging future. With the rise in non-communicable diseases related to nutrition (for example obesity, diabetes, cardiovascular diseases and cancers), there is increased interest in healthy eating and lifestyles. More people are turning to nutritionists and dietitians for expert advice. Hospitals, industry and communities are continually looking for qualified dietitians to help develop wellness and diet programmes and provide diet therapy to individuals with diseases.

For the first time in Malaysia, IMU is offering a professional degree programme leading to a Bachelor of Science (Hons) Nutrition and Dietetics. The programme has a unique curriculum which emphasises comprehensive modules such as medical nutrition therapy, food service, sports nutrition and health promotion.

The final year has an innovative hands-on professional training in the areas of dietetics, community nutrition and food catering. The graduates of this programme will be able to work as competent and caring dietitians. This undergraduate degree in Nutrition and Dietetics will also provide a sound basis for professional graduate training in MSc and PhD level in nutrition and dietetics.

### 01 | Why choose this particular programme?

Dietitians work in a wide variety of settings and some work in highly specialised areas. Current job trends in the fields of nutrition and dietetics include:

- Government agencies for community dietitians in family health programmes and preventive education in public health for chronic diseases such as diabetes, hypertension and cardiovascular.
- Hospital-based dietitians in government and private hospitals.
- Quantity food service establishments, sports and fitness centres, health and wellness industries, colour print and broad media.
- Multinational food industry as nutrition or dietetic consultants.
- Academia and researchers in government and private institutions.

### 02 | What is the structure of the programme?

The IMU Nutrition and Dietetics programme is designed to provide an integrated training in the science of nutrition and dietetics and its application to human health and well-being. The nutrition and dietetics programme is a four-year programme conducted entirely in Malaysia.

The first three years will be based in Bukit Jalil. The final year will require students to do professional training outside the IMU campus.

### 03 | What are key features of the programme?

- First programme in Malaysia offering a degree in the disciplines of nutrition and dietetics.
- Universities globally are beginning to offer a degree to provide graduates the edge to work in both clinical and community settings.
- IMU curriculum is outcome-based whereby graduates will meet market demands for clinical and community dietetics such as food service dietitians, researchers and other job opportunities requiring the expertise in nutrition and dietetics area.

## KEY FACTS

### DEGREE

Bachelor of Science (Hons)  
Nutrition and Dietetics (IMU) or  
Degrees from Partner Universities

### TOTAL DURATION

4 – 4½ years

### INTAKE

July

Credit transfer options to the  
University of Newcastle, Australia  
and University of Otago, New  
Zealand.



#### 04 | What are the teaching-learning approaches used?

The nutrition and dietetics programme utilises a combination of teaching and learning approaches which include lectures, tutorials, practical classes, seminars, problem-based learning, field visits, group/individual assignments, and development of communication skills.

Students are required to conduct a research project in the third year. Topics in nutrition and health related fields will be chosen. Students will be required to prepare a research proposal, to collect and analyse data, and to write a thesis at the end of the exercise.

With this knowledge and skills, the students are able to work in their future work environment as competent and effective professionals working in the clinical community and / or industry settings.

#### 05 | Who are the teaching staff?

The University has well-qualified, experienced teaching staff for the Nutrition and Dietetics programme. Over half have recent practising experience and are qualified dietitians. The lecturers have postgraduate degrees in the areas of nutrition and dietetics. The teaching staff are pioneers in this area of study and are peer-recognised as experts in the area of nutrition & dietetics. They are also actively involved in research and have published extensively in the areas of nutrition and dietetics.

Other qualified senior professional staff of IMU will also provide lectures in the non Nutrition and Dietetics modules in Year 1 of the programme. Dietitians from various specialists hospitals will also be invited to teach in this programme.

#### 06 | How will I be assessed?

Students will be assessed through their class tests, practicals, reports, essays, problem-based learning, projects, presentation, thesis and written examination.

#### 07 | Are there any industrial placements?

Industrial placements are professional posting scheduled for the entire 4th year and form the practicum part of the programme. Students shall be rotated through 20 weeks of clinical dietetics practicum in a hospital setting, 10 weeks of community nutrition practicum in a government and private facility/institution, and 10 weeks of food service management practicum in a food service industry.



*Good nutrition is important for mother, baby and child!*



#### 08 | What are the semester contents?

##### Semester 1

- General Chemistry
- Human Physiology
- Organic Chemistry
- Professionalism in Nutrition & Dietetics
- Principles of Human Nutrition
- Statistics for Health Professionals
- Islamic Studies/Moral Education
- English

##### Semester 2

- Lifespan Nutrition
- Basic Communication
- Principles of Financial Accounting
- Basic Biochemistry
- Food, Culture & Nutrition

- IT for Healthcare Services
- Pengajian Malaysia
- Bahasa Kebangsaan A/B

##### Semester 3

- Introduction to Psychology
- Principles of Food Preparation
- Nutritional Assessment Methods
- Nutrients & Metabolism
- Pathophysiology and Clinical Management of Diseases
- Microbiology

##### Semester 4

- Basic Epidemiology
- Clinical Biochemistry

- Community Nutrition
- Food Service Management 1
- Basic Pharmacology
- Sports and Exercise Science
- Nutritional Immunology
- Analysis of Nutrients in Foods
- Understanding the Patient/ Novelty Nutrition

##### Semester 5

- Food Service Management II
- Nutrition Counselling and Education
- Medical Nutrition Therapy
- Research Project in Nutrition & Dietetics 1
- Enterprise Management
- Environmental Issues and Nutrition

##### Semester 6

- Food Safety and Regulations
- Nutrition in Health Promotion
- Medical Nutrition Therapy Laboratory
- Research Project in Nutrition & Dietetics II
- Nutrition in Exercise in Sports
- Seminar: Current Issues in Nutrition & Dietetics
- Complementary Medicine / Controversy Nutrition

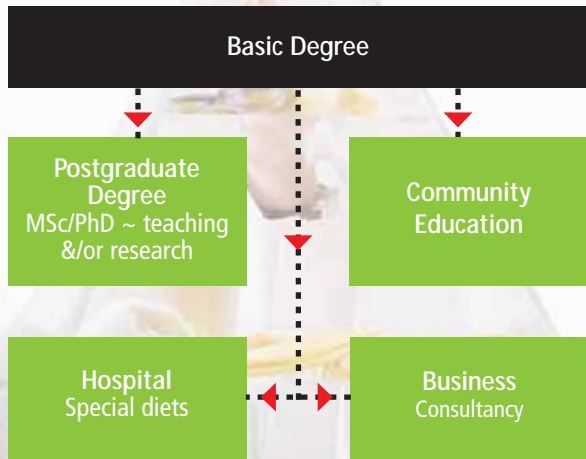
##### Semester 7 & 8

- Clinical Dietetics Practicum
- Community Nutrition Practicum
- Food Service Practicum



The Malaysian Food Pyramid-Guide for a healthy diet

### Career Paths for Nutritionists & Dietitians in Malaysia



“The Nutrition and Dietetics programme in IMU is a well-developed outcome-based curriculum. I have enjoyed my course. Every project or assignment prepares me to be a competent dietitian. I also get to learn and apply nutrition knowledge in my daily life.”

**Tan Sing Ean**  
**2nd year**  
**Nutrition & Dietetics**  
**student**



### 09 | What is the medium of instruction?

The medium of instruction is English. Students who come from a system of education in which the medium of instruction is not English are strongly recommended to improve their proficiency in English by making their own arrangements to attend additional English Language classes before entering the IMU.

### 10 | Who will award the Nutrition and Dietetics degree?

The Bachelor of Science (Hons) Nutrition and Dietetics degree is awarded by IMU. The partner universities will award their respective degrees to students who transfer to their school.

### 11 | What sort of jobs/careers can be undertaken with this degree?

After completing the nutrition and dietetics programme, the graduates can be employed in various professions. There are various job opportunities for the graduates of this programme. The following are some examples of areas they can seek employment.

#### Clinical

Clinical dietitians provide nutritional services for patients in hospitals, nursing care facilities and other healthcare services. They assess patients' nutritional status, develop and implement medical nutrition therapies appropriate to the patient's medical history and lifestyle.

#### Community

Their duties include assessment of individual and community nutritional status, develop, supervise and evaluate community nutrition programmes, and counsel individuals and groups on healthy dietary practices essential for health promotion and disease prevention and advise patients with health problems in the community.

#### Business and Industry

Increased public interest in nutrition has led to creation of new job opportunities in sectors such as food systems administration, advertising, and marketing. In these areas, nutritionists analyse foods, prepare informational materials for distribution, or prepare reports on the nutritional content of new food products and nutritional supplements.

#### Consultancy

Dietitians can work in their own private practice sometimes under contract with healthcare facilities. They perform nutrition screenings and offer advice on diet-related concerns such as weight loss, cholesterol, glucose and blood pressure management. Some work for wellness programmes, sports teams, and other nutrition-related businesses.

#### Food Service

This professional role lies mainly in the supervision of large-scale meal planning and preparation in healthcare facilities, company cafeterias, schools and other institutions e.g. prisons, nursing homes.

They may also work as independent consultants for the food service industry, providing expertise in sanitation, safety procedures, menu development, budgeting and planning.

### 12 | When do I apply for a place in IMU?

You can apply using forecast or actual results.



#### MINIMUM ENTRY REQUIREMENTS

All qualifications should include any two science subjects [Chemistry & Biology (preferred), Mathematics, Physics] at STPM / A-Levels / equivalent examination.

EXAMINATIONS	REQUIREMENTS
A-Levels	CCD or equivalent (2 Sciences)
STPM	CCC (2 Sciences)
Australian Matriculation	TER/UIA 75 or 65% (aggregate)
NCEA Level 3	60% (2 Sciences)
Canadian Grade 12/13	70% Aggregate (2 Sciences)
Unified Examination Certificate (UEC)	B4 B4 B5 (2 Sciences) B6 B6 (other subjects)
Australian University Foundation Programmes	70% Aggregate (2 Sciences)
Indian Pre-University	Nil
Ministry of Education Matriculation	cGPA 2.5 (2 Sciences)
Diploma in Science	cGPA 2.5 (2 Sciences)
Diploma in Microbiology	cGPA 2.5 (2 Sciences)
International Baccalaureate (IB)	26 points (2 Sciences)
Foundation in Biosciences	cGPA 2.5
Foundation in Engineering	cGPA 2.5
Foundation in Science	cGPA 2.5
Degree	Refer to university
Diploma	cGPA 2.5 (in a related field)

Please refer to the University for any variation on entry requirement. The IMU reserves the right to change these admission requirements from time to time.

#### English Language Requirement

Applicants are required to have one of these at the point of entry:

MUET	Band score of 4 (for Malaysian students only)
IELTS	Overall band score of 6.5
TOEFL	At least 550 (Paper based test) or 79-80 (Internet based test)

The Ministry of Higher Education stipulates that all students entering universities in Malaysia must sit for MUET regardless of having other English qualifications. International students are not required to sit for the MUET. All registered students are required to take the IMU Diagnostic Language Test during the first and fourth semester.

The International Medical University began in 1992 as the International Medical College, or IMC, Malaysia's first private medical college. IMC became a University in 1999, but the University has remained true to key elements of the IMC vision, which are to widen access to professional healthcare education, and to use innovative, integrated and student-centred means in providing that education.

This vision required strong links to be forged, from the outset, with reputable Partner Medical Schools committed to excellence and who share our educational philosophy. It was our progressive, systems based, integrated medical curriculum that first caught the imagination of our Partner Medical Schools, and today we collaborate with such Schools in Australasia, North America, Ireland and the United Kingdom. We have a Partner Pharmacy School in Scotland and in Australia and are establishing more partnerships in Australia.

Since 1999, the University's growth and development has been in developing clinical schools in Seremban and Batu Pahat, our own Honours degree courses in Pharmacy and Nursing, and in establishing research as a core activity, together with development of postgraduate research Masters and PhD programmes. We are already the preferred private school for medicine and pharmacy in Malaysia. Our growth has been supported by heavy investment in infrastructure development and expansion at Bukit Jalil and Seremban, and in the recruitment of staff of high calibre. In 2008, we have introduced Honours degree courses in Dentistry, Nutrition & Dietetics, Medical Biotechnology, Psychology, Biomedical Science and in Pharmaceutical Chemistry. In common with our MBBS, BPharm and BNursing, these courses have been designed from first principles by our faculty. Bachelor of Nursing Science (Hons) was introduced in 2009, a programme targeted solely for registered nurses to upgrade their qualification from diploma level to a degree level. In 2010, we introduced Chiropractic programme, the first of its kind and only complete educational programme in Malaysia as well as in all of Southeast Asia. In future, the university is planning to offer an undergraduate programme in Chinese Medicine. We believe our courses to be progressive and innovative, and we strive to use best practice in their delivery and assessment.

*IMU Clinical School, Batu Pahat*



*IMU Clinical School, Seremban*

*IMU Bukit Jalil Campus*





INTERNATIONAL MEDICAL UNIVERSITY  
MALAYSIA

**Main Campus, Kuala Lumpur**

126, Jalan 19/155B, Bukit Jalil,  
57000 Kuala Lumpur, Malaysia.  
Tel : 603-8656 7228  
Fax : 603-8656 7229

**Clinical School, Seremban**

Jalan Rasah, 70300 Seremban,  
Negeri Sembilan Darul Khusus, Malaysia.  
Tel : 606-767 7798  
Fax : 606-767 7709

**Clinical School, Batu Pahat**

12, Jalan Indah, Taman Sri Kenangan,  
83000 Batu Pahat,  
Johor Darul Takzim, Malaysia.  
Tel : 607-432 2787, 607-432 0580  
Fax : 607-432 5575

**Clinical School, Kuala Pilah**

Lot No. 1743, Tingkat 1,  
Bangunan Persatuan Hainan Kuala Pilah,  
Jalan Wira 2/1, Taman Wira Jaya,  
72000 Kuala Pilah,  
Negeri Sembilan Darul Khusus, Malaysia.  
Tel : 606-481 9635  
Fax : 606-481 9639

**enquiry@imu.edu.my**  
**www.imu.edu.my**

**Programmes Available:**

- Medicine  
KP/JPS(A1223)10/09
- Dentistry  
KPT/JPS(KA8358)12/2012
- Pharmacy  
KP/JPS(KR6707)10/2010, KPT/JPS(A1746)7/2014
- Pharmaceutical Chemistry  
KPT/JPS(KA8229)12/2012
- Nursing  
KP/JPS(A4675)4/2014
- Nursing Science (for registered nurses)  
KPT/JPS(KA9377)01/2013
- Medical Biotechnology  
KPT/JPS(KA8228)8/2012
- Nutrition & Dietetics  
KPT/JPS(KA8176)8/2012
- Psychology  
KPT/JPS(KA8177)8/2012
- Biomedical Science  
KPT/JPS(KA8230)11/2012
- Chiropractic  
KPT/JPS(KA9294)7/2014
- Postgraduate (MSc & PhD by research)  
KP/JPS(A1468)12/2010, KP/JPS(KN3767)5/2010

All enquiries regarding student admissions  
should be directed to:

Department of  
Student Services and Marketing

**INTERNATIONAL MEDICAL UNIVERSITY**

126, Jalan 19/155B, Bukit Jalil,  
57000 Kuala Lumpur, Malaysia.  
Tel : 603-2731 7272  
Fax : 603-8656 1018

KP/JPS/5195/US/2, KP(JPS)/DFT/US/W03

Obtain latest information on the IMU  
programmes (including tuition fees),  
submit an online application or download  
application forms via **www.imu.edu.my**



Cert No : KLR 0500119

The IMU has been certified with MS ISO 9001:2000  
for the provision of tertiary education in medicine,  
pharmacy and health sciences.

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