

Key to good health

HOH Hui Shan has always been active in extracurricular activities. Being in a competitive sports environment made her realise how other factors can affect an athlete's performance, especially his or her diet.

She believes that good nutrition is the key to good health. With this in mind, Hoh decided to pursue her degree in nutrition and dietetics (now dietetics with nutrition) at IMU.

"At first, I wanted to be a clinical dietitian but, after university, I decided to specialise in sports. I was happy to be recruited to work at the National Sports Institute of Malaysia and the job of a sports dietitian seemed exciting to me," she says.

She explains that working in a sports environment is never dull as she provides services to elite national athletes, such as weight management programmes, nutrition education and

counselling, hydration management and supplementation, among others.

"Every athlete is different and requires individual attention. We have other duties, such as managing the recovery station and supplement store and involving ourselves in community work," says Hoh, who is working with the Malaysian aquatic sports teams.

As a sports dietitian, Hoh's main challenge is finding the best way to help athletes as each of them are involved in different sports and have their own dietary requirements.

Prior to this, Hoh pursued her degree at IMU, which she believes truly prepared her for the working world.

It equipped her with knowledge in nutrition and dietetics, prepared her for her career and equipped her with key skills such as flexibility during clinical placements.

She remembers her time at IMU fondly. The highlights of her experience were studying in a group with her peers, joining IMU activities and clubs as well as her involvement in the well-known annual IMU Cup.

Taught by experienced and practising faculty members, students of the dietetics with nutrition programme can opt to either complete their entire four-year degree locally at IMU or transfer to the University of Otago, New Zealand, or the University of Newcastle, Australia, after two years of study at IMU.

These international partnerships are a testament to the fact that IMU's curriculum meets global standards.

The commencement dates for the dietetics with nutrition programme are in July and September. If you have a pre-university qualification and possess a strong background

in science, good communication skills and a caring personality, apply now for the dietetics with nutrition programme for a career that helps ensure your patients' diets are on track.

Students with exceptional academic ability and other achievements are invited to apply for IMU's scholarship or a special 25% tuition fee waiver offered in conjunction with IMU's 25th anniversary celebrations.

If you have just completed your SPM (Sijil Pelajaran Malaysia) and do not have a pre-university qualification, consider enrolling in the one-year IMU Foundation in Science, the direct route for entry into any of the university's degree programmes.

■ For more information, visit www.imu.edu.my, e-mail start@imu.edu.my or call 03-2731 7272.



Hoh says that her biggest challenge is in finding the right dietary requirement for each athlete.