



Goh initially studied architecture, but his changing interests inspired him to switch to the nutrition programme at IMU instead.

Passion for nutrition studies

GOH Kee Woon wanted to gain weight. He started doing exercises at the gym, particularly weight resistance training, and did research online.

From there, he developed an interest in finding out how food and nutrients work in the human body.

However, this was not Goh's first career choice. He initially studied architecture, but could not see a future for himself in that field.

He ended up changing his field of study and became a nutrition student at IMU.

"I checked with universities that offered degree programmes in nutrition. There were a few options, which I filtered according to course structure and module.

"IMU caught my attention because it offers interesting modules such as human physiology, sports and exercise science, and nutrition in sports," said Goh.

"Besides the knowledge gained, what I like most about IMU is engaging in discussions with my lecturers, who are kind enough to share their experiences in the field. I have learned a lot from them.

"I am a huge believer in human interaction and enjoy talking to people rather than staring at textbooks."

In the past one and a half years, Goh has had the opportunity to participate in community projects, field trips and hands-on assignments.

"The challenges my course-mates and I experienced through these were packed with learning experiences. They helped us gain a better understanding of the issues happening in the community.

"The field trips are a great example. We had the opportunity to visit health clinics and interact with practicing nutritionists and dietitians.

"These experiences helped us realise the services we can provide with our profession."

Goh's advice to those interest-

IMU caught my attention because it offered interesting modules.

Goh Kee Woon

ed in nutrition is, "A person can have thousands of excuses to escape, but only one reason to get started. That one reason can come from interests, goals, dreams and more.

"Therefore, it is important for your decision to be intrinsically motivated. The biggest lesson I learned from changing my field of study is that no matter what stage of life I am in, as long as I am still alive, I still have time.

"The same goes for anyone reading this – use the time you have to think and restructure your thoughts into actions that are best suited to the situation you are in.

"Seek opinions from other people with an open heart and mind, and make decisions with independent thinking. Use the time you have to sort things out and start taking action."

IMU's nutrition programme commences in July and September each year.

Students who have a passion for science, enjoy teamwork and want to make a difference in the lives of others can apply online.

Those who have just completed their SPM and do not have pre-university qualifications may want to consider enrolling in the one-year IMU Foundation in Science, the direct route for entry into any of the university's degree programmes, including credit transfer options.

■ For details, log on to www.imu.edu.my or e-mail start@imu.edu.my or call IMU at 03-2731 7272.