

# DIETETICS WITH NUTRITION



INTERNATIONAL MEDICAL UNIVERSITY  
MALAYSIA



SCHOOL OF  
HEALTH SCIENCES  
2023

# What are IMU's Nutrition and Dietetics Programmes About?



*A dietitian is giving dietary counselling to a patient in an outpatient clinic.*

## OVERVIEW

Nutrition and Dietetics are centred around food, healthy diets and nutrition.

At IMU, students of both programmes are trained to:

- Assess nutritional status and needs of individuals and groups
- Provide nutrition education to individuals and groups for disease prevention / disease management
- Advise on nutrition and diet for general good health and prevention of diseases
- Contribute towards the development of policies and programmes in nutrition and health
- Undertake research in nutrition-related areas

### Dietetics with Nutrition

- 4-year programme
- Graduates are qualified dietitians trained specifically to:
  - Execute the Nutrition Care Process (assess, diagnose nutritionally and plan) at the individual and group level
  - Facilitate dietary management in medical conditions
  - Plan and implement community dietetics intervention programmes
  - Monitor and evaluate community dietetics programmes
  - Provide and manage a large scale of food planning and service
  - Conduct research and development in nutrition and diet related fields
  - Venture into entrepreneurship

### Nutrition

- 3-year programme
- Graduates are qualified nutritionists trained specifically to:
  - Facilitate individuals and groups to adopt healthy lifestyles, balance and nutritious diets for prevention of diseases
  - Plan, develop, execute, monitor and evaluate the nutrition programmes implemented for the targeted groups and community
  - Communicate and educate different population (sportsman, pregnant mothers and babies, teenagers, adults, elderly) on their nutritional needs
  - Conduct research and development in nutrition and diet related fields
  - Venture into entrepreneurship

# A Word from the Programme Director

“Dietitians empower individuals to adopt health-conscious food choices to reach specific health related goals. In IMU, we are dedicated to train our students to be competent dietitians who will be able to contribute tremendously in the field of healthcare, food service, community, corporate setting, industries, research, educational arenas and many more.”

## DR KANIMOLLI A/P ARASU

Lecturer and Programme Director

BSc (Hons) Dietetics. UKM, MSc Health Sciences

(Nutrition). UKM, PhD in Medical & Health Sciences (IMU)

### DEGREE / DURATION

**Bachelor of Science (Hons)  
Dietetics with Nutrition  
(IMU) – 4 years**

**Degree from Partner  
Universities – 4 years**

### COMMENCEMENT

**July and September**

### POSTGRADUATE DIRECT ENTRY

**RUTGERS**  
School of Health Professions

### PARTNER UNIVERSITIES

#### AUSTRALIA



This programme is awarded the International Accreditation for Education Programs for Dietitian-Nutritionists conferred by the International Confederation of Dietetics Association (ICDA)

# How Does the Programme Work?

## OVERVIEW

The IMU Dietetics with Nutrition programme is a 4-year programme consisting of 8 semesters. The programme covers a broad scope of knowledge required for dietetic practice including physiology, biochemistry, principles of human nutrition, basic food preparation, the role of nutrition in health and disease, medical nutrition therapy and diet plans for individuals and groups with medical conditions. Eligible graduates from the IMU's BSc (Hons) Dietetics with Nutrition programme who would like to become Registered Dietitians in the United States are able to enrol into the Entry - Level Master of Science in Clinical Nutrition at Rutgers University, New Jersey, USA.

## ASSESSMENT

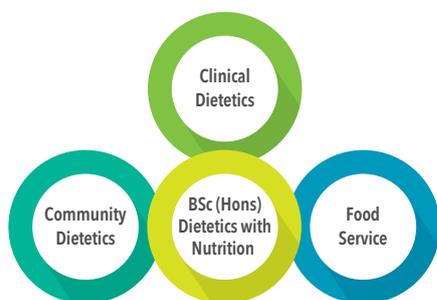
Students will be assessed through their class tests, practicals, assignments, projects, reflective journals, problem-based learning, presentation, thesis, end-of-semester (EOS) examinations and Objective Structured Clinical Examination (OSCE).

## CAREER PATHWAY

Dietitians are trained professionals engaged in managing diseases by advising appropriate dietary management.

They work together with other healthcare professionals in clinics, hospitals and food service sectors catering to individuals with disease conditions.

This profession encompasses many levels of expertise and a wide variety of career possibilities.



## AREAS AND SCOPE OF WORK OF DIETITIANS

KEY AREA	POTENTIAL WORK SETTING
<b>Patient Care &amp; Consultancy</b>	<ul style="list-style-type: none"> <li>• Government and private hospitals and clinics</li> <li>• Nursing homes, dialysis center, rehabilitation homes</li> <li>• Retail pharmacies</li> <li>• Health and wellness centers</li> <li>• Digital health industry</li> </ul>
<b>Food Service &amp; Management</b>	<ul style="list-style-type: none"> <li>• Government and private hospitals</li> <li>• Nursing and rehabilitation homes</li> <li>• International and boarding schools</li> <li>• Sports institutes</li> <li>• Food outlets and factories</li> </ul>
<b>Sports</b>	<ul style="list-style-type: none"> <li>• Sports and athletes' training institute</li> <li>• Fitness centres</li> </ul>
<b>Corporate</b>	<ul style="list-style-type: none"> <li>• Food or pharmaceutical industry</li> </ul>
<b>Academia Research</b>	<ul style="list-style-type: none"> <li>• Universities, research institutes</li> </ul>
<b>Entrepreneurship &amp; Business</b>	<ul style="list-style-type: none"> <li>• Businesses and start-ups</li> <li>• Digital health platforms</li> </ul>

- Students obtain competencies related to clinical, food service and community dietetics through external placements locally and abroad with mobility programmes.
- Students obtain clinical experience under supervision of experts in hospitals, clinics and health centers.
- Students work in accredited food service operations with international linkages.

## PROGRAMME STRUCTURE



### Notes:

The curriculum is reviewed periodically and is subject to change.

The MPU modules are compulsory modules imposed by Ministry of Higher Education under the Private Higher Educational Institutions Act 1996 (Act 555). All students must take these modules and pass as a prerequisite for the award of the degree.

Students in the final year are required to undertake professional training in food service, community nutrition and clinical dietetics in a variety of healthcare and community settings.

# Learn from Our Experienced Lecturers



**PROF WINNIE  
CHEE SIEW SWEE**

Dean, School of Health Sciences  
BSc (Hons) Dietetics, MSc, PhD (UKM)

Prof Winnie Chee has been in academia for over 30 years. Her research is focused on nutritional determinants of bone health in children and adults, Vitamin D and nutrition intervention for obesity, diabetes and renal. She has been recognised for her service to local and international nutrition and dietetics. She was appointed as Fellow of Malaysian Dietitians' Association and Nutrition Society of Malaysia. She has also received the Wimpfheimer- Guggenheim International Lecture Award from the Academy of Nutrition & Dietetics, USA. She has served three terms and is the current President of the Malaysian Dietitians' Association (MDA).



**DR YANG WAI YEW**

Senior Lecturer  
BSc (Dietetics) (UKM),  
Master (Sheffield), PhD (Newcastle)

Dr Yang Wai Yew has been in academia for over 10 years and had past working experience as dietitian and Manager at a private hospital. Her main research interests include maternal child health and nutrition, and dietary assessment methods. She was awarded the 2014 Nestle Nutrition Institute Young Researcher Award and her PhD research won two publication awards for research in family diet and child feeding practices. She has been an active member of the Malaysian Dietitians' Association and was the treasurer from 2007 to 2011.

# Learn from Our Experienced Lecturers



## **PN MARY EASAW**

Senior Lecturer  
BSc (Nutrition & Dietetics) Chennai India, Post Graduate Diploma,  
Cardiovascular & Thoracic Sciences & MSc Advanced Health Care  
(International) John Moores Liverpool, UK

Pn Mary Easaw was the Chief Dietitian and Senior Manager, of Dietetics and Food Services, of Institut Jantung Negara (National Heart Institute) Kuala Lumpur, Malaysia before joining IMU for over a decade. Her 40 years of experience as clinical and food service dietitian manager is an added value for this programme especially in the area of Cardiovascular & Food services in Healthcare. Her contribution to local and international dietetics field are well recognised. She was awarded and Outstanding Dietitian of the Year 2016 (Academy of Nutrition and Dietetics USA) and Lifetime Professional Achievement Award (JBAS College, Chennai, India). She was also appointed as Fellow of Malaysian Dietitians' Association.



## **DR CHEN SEONG TING**

Senior Lecturer  
BHSc (Dietetics) and PhD (Community Nutrition)

Dr Chen Seong Ting has been in academia for over 9 years. Her research interests are in the area of paediatrics nutrition, nutrition for children with special needs and cancer nutrition. She is a member of Malaysian Dietitians' Association and Nutrition Society of Malaysia.

# What Our Students Say



“ The programme is structured in a way that prepares students to be a work ready dietitian. From learning theories since Semester One up to attending practicums in different settings during last two semesters -these have helped us to explore our interest further before joining the work field. The lecturers are also experienced and helpful in guiding the students to get through challenges faced in curriculum. Overall, it was fun and memorable to study in IMU! ”

**Ginny Tan, DN 113 Alumna**

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“ I think what stands out the most is how encouraging and dedicated the lecturers are towards the whole learning experience. IMU’s Dietetics with Nutrition programme also prepares students to face the challenges in the real world by harnessing soft skills and critical thinking in their various modules and activities held throughout the 4 years. This would ultimately help prepare us to be competent dietitians as we venture out into the working world. ”

**Nathaniel Keshan Rajah, DN 119, Final year student**

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“ My inspiration to become a dietitian comes from my personal awe in the power of food to nourish the body, improve our overall health and performance abilities and also connect us all as human beings. IMU had given and prepared me with solid foundation in nutrition and dietetics knowledge and skills to help me succeed as a dietitian. ”

**Ku Ahmad Azmeel, DN113 Alumnus**

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“ With comprehensive learning modules and guided practicum, I equip the basic knowledge and skills needed to smoothly transition into working with a team of dietitian and other healthcare professionals. To me, I very much appreciate the interactions I have had with the faculties, not only were they resourceful, but they were also encouraging and supportive. ”

**Yip Song Qing, DN 118 Alumna**

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# Why Study Dietetics with Nutrition at IMU?

1

## **An Established Private Healthcare University**

IMU is Malaysia's first and most established private medical and healthcare university with over 30 years of dedicated focus in healthcare education. IMU achieved the SETARA-2018/2019 Tier 6 status (Outstanding) under the Mature University category.

2

## **Build Your Future Healthcare Professional Network**

As IMU offers the widest range of healthcare programmes, our students are fully immersed in a vibrant community of students and practitioners from all healthcare fields. This allows for the development of strong friendships amongst peers that will be the foundation of an extensive healthcare professional network upon graduation.

3

## **Well-Known Faculty Members**

The lecturers in the Division of Nutrition and Dietetics are recipients of research grants, high impact publications and key opinion leaders in the field of nutrition and dietetics.

4

## **Training Future Leaders**

Our curriculum provides opportunity to develop leadership and team working skills due to strong emphasis on Interprofessional learning and group projects. The courses place great emphasis on building good communication skills through various oral presentation, case study discussions, training with simulated and real life patients.

5

## **Opportunity for Work Life Experience and Student Mobility**

The innovative curriculum offers early exposure to work experience and hands-on opportunity to enhance skills through clinical and community projects. There are also opportunities for student mobility programmes in clinical and community setting which improves work preparedness of the graduates.

## CONTACT US

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f InternationalMedicalUniversity

## PROGRAMMES AT IMU

### Pre-University

#### Foundation in Science

KPT/JPT(R/010/3/0186)09/2023  
MQA/FA3974

### Undergraduate

#### Biomedical Science

KPT/JPT(R3/421/6/0011)12/2027  
MQA/A8230

#### Chinese Medicine

KPT/JPT(R2/721/6/0059)01/2027  
MQA/A10260

#### Chiropractic

KPT/JPT(R/726/6/0054)08/2026  
MQA/A9294

#### Dentistry

KPT/JPT(R3/724/6/0010)01/2030  
MQA/FA7026

#### Dietetics with Nutrition

KPT/JPT(R2/726/6/0021)09/2029  
MQA/A8176

#### Digital Health

KPT/JPT(N/482/6/0209)03/2028  
MQA/PSA14380

#### Medical Biotechnology

KPT/JPT(R2/545/6/0014)09/2027  
MQA/FA15505

#### Medicine

KPT/JPT(R2/721/6/0033)09/2026  
MQA/FA6155

#### Nutrition

KPT/JPT(R2/726/6/0011)06/2027  
MQA/FA1298

#### Nursing

KPT/JPT(R/723/6/0125)04/2027  
MQA/FA8944

#### Pharmaceutical Chemistry

KPT/JPT(R3/442/6/0003)01/2028  
MQA/A8229

#### Pharmacy

KPT/JPT(R2/727/6/0050)09/2026  
MQA/FA8374

#### Psychology

KPT/JPT(R3/311/6/0013)09/2027  
MQA/A8177

### Postgraduate

#### Acupuncture (MSc)

KPT/JPT(R/721/7/0071)03/2027  
MQA/PA8570

#### Analytical & Pharmaceutical Chemistry (MSc)

KPT/JPT(R2-CDL/442/7/0001)01/2027  
KPT/JPT(N-DL/442/7/0022)02/2026  
MQA/FA1191

#### Business Administration in Healthcare Management (PG Cert/PG Dip/Master)

KPT/JPT(N/345/7/1082)9/2023  
MQA/PSA11354  
KPT/JPT(N/345/7/1090)12/2023  
MQA/PSA11355  
KPT/JPT(N/345/7/1085)10/2023  
MQA/PSA11353

#### Counselling (Master)

KPT/JPT(N/762/7/0046)09/2026  
MQA/PA12002

#### Diabetes Management & Education (PG Dip)

KPT/JPT(R/726/7/0030)01/2028  
MQA/SWA9086

#### Endodontics (PG Dip)

KPT/JPT(N/724/7/0043)05/2024  
MQA/SWA12162

#### Health Informatics and Analytics (PG Cert/PG Dip/Master)

KPT/JPT(N/720/7/0131)09/2025  
MQA/PSA13973  
KPT/JPT(N/720/7/0130)09/2025  
MQA/PSA13972  
KPT/JPT(N/720/7/0129)09/2025  
MQA/PSA13974

#### Health Professions Education (PG Cert/PG Dip/Master)

KPT/JPT(R/145/7/0066)09/2025  
MQA/SWA05162  
KPT/JPT(R/145/7/0064)09/2025  
MQA/PA5163  
KPT/JPT(R/145/7/0070)09/2025  
MQA/SWA5164  
KPT/JPT(N-DL/145/7/0120)02/2026  
MQA/SWA05162

#### Implant Dentistry (PG Dip)

KPT/JPT(R/724/7/0019)06/2026  
MQA/SWA6111

#### Molecular Medicine (MSc)

KPT/JPT(R2/545/7/0078)07/2027  
MQA/FA1299  
KPT/JPT(N-DL/545/7/0101)09/2025  
MQA/SWA 11357

#### Pharmacy Practice (Master)

KPT/JPT(R/727/7/0051)03/2024  
MQA/SWA02796

#### Prosthodontics (PG Dip)

KPT/JPT(N/724/7/0042)05/2024  
MQA/PSA12163

#### Public Health (MSc)

KPT/JPT(R2/720/7/0077)09/2025  
MQA/A10261  
KPT/JPT(N-DL/720/7/0118)09/2023  
MQA/SWA11356

#### Medical & Health Sciences (MSc/PhD)

KPT/JPT(R2/720/7/0049)06/2026  
MQA/A10618  
KPT/JPT(R2/721/8/0043)01/2027  
MQA/A3767



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MALAYSIA



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